

Can My Dog Eat This? A List of Human Foods Dogs Can and Can't Eat

How we reviewed this article:

Certain human foods, like carrots and blueberries, can be safe for most dogs. But others, like garlic and onions, can be toxic.

Dogs and humans metabolize foods differently.

For this reason, some foods are safe for humans to eat but may be toxic and potentially deadly for dogs.

On the other hand, there are many human foods that are perfectly safe and even healthy for dogs to eat as an occasional treat.

This article gives an overview of 53 foods and whether or not your dog can eat them.

Both raw and cooked carrots are safe for your dog to eat.

Carrots are low in calories and a good source of vitamins, minerals and fiber. This makes them a very healthy food for your dog to snack on ([1](#)).

Before feeding carrots to your dog, make sure to cut them into bite-size pieces to prevent choking.

You should never feed grapes or raisins to your dog.

Grapes and raisins contain toxic compounds that are harmful to dogs. They have the potential to lead to rapid kidney failure and death ([2Trusted Source](#)).

Even small amounts of grapes and raisins can make your dog sick, so it's important to avoid giving them to your dog altogether.

[Salt](#) should be limited in your dog's diet.

Excessive salt intake may lead to salt poisoning or water deprivation in dogs, which can cause vomiting, diarrhea, vomiting and seizures. In severe cases, high amounts of salt can be fatal ([3Trusted Source](#)).

To prevent adverse effects, you should not feed your dog salty foods, such as chips or pretzels. Furthermore, always make sure your dog has water to drink, which can prevent water deprivation.

[Peanut butter](#) is a healthy and safe treat for dogs to eat in moderate amounts.

However, it is best to limit your dog's peanut butter intake. Since peanut butter is high in fat and calories, it may lead to weight gain if he eats too much ([4](#), [5Trusted Source](#)).

Also, make sure to feed your dog plain, unsalted peanut butter. Peanut butter commonly has extra ingredients added to it, such as salt, which could be harmful to your dog ([3Trusted Source](#)).

Cooked [eggs](#) are perfectly safe and nutritious for dogs to eat.

One medium egg provides some of almost every vitamin and mineral, plus lots of protein. There are claims that eggs may also help relieve nausea in dogs, although there is no scientific evidence behind this claim ([6](#)).

It is important to note that you should avoid feeding raw eggs to your dog. While dogs typically do not get sick from eating raw eggs, bacteria, such as *Salmonella*, can spread from the dog to its human owners, increasing their risk of infection ([7Trusted Source](#)).

Cooked, boneless [salmon](#) is a safe and healthy food for your dog.

Salmon is a great source of omega-3 fatty acids, which are known to reduce inflammation and may help keep your dog's skin and fur healthy ([8](#), [9Trusted Source](#)).

However, you should avoid feeding raw salmon to your dog. It may contain a parasite that is known to cause salmon poisoning disease, which can be fatal ([10Trusted Source](#)).

It is widely known that dogs should never eat chocolate.

This is because chocolate contains theobromine and caffeine, two stimulants that dogs cannot efficiently metabolize ([11Trusted Source](#)).

If your dog eats chocolate, he may exhibit symptoms like vomiting, diarrhea and dehydration. These symptoms may lead to more serious complications, such as internal bleeding, muscle tremors, seizures and death ([12Trusted Source](#)).

Darker and less sweet varieties of chocolate, such as cocoa powder and unsweetened baker's chocolate, are more poisonous to dogs than sweetened varieties, such as milk chocolate.

Nevertheless, do not feed your dog any type of chocolate.

Cheese is safe for most dogs to eat in small quantities.

Due to the fat and lactose content of cheese, some dogs may have digestive symptoms, such as stomach pain and diarrhea, after eating it ([13Trusted Source](#), [14Trusted Source](#)).

To avoid unpleasant symptoms, it is best to introduce cheese into your dog's diet gradually. It may also help to only feed your dog low-fat cheeses, such as mozzarella.

[Blueberries](#) are safe and nutritious for dogs to eat.

Blueberries are a rich source of disease-fighting antioxidants and provide a significant amount of vitamins, minerals and fiber, all of which may benefit your dog's health ([15](#), [16Trusted Source](#), [17Trusted Source](#), [18Trusted Source](#)).

Moreover, blueberries are low in calories and small in size, making them an excellent health-conscious treat for your dog ([15](#)).

Dogs can eat [popcorn](#) as an occasional treat, as long as it doesn't contain any extra ingredients.

Salt is often added to popcorn, which can lead to serious complications if your dog eats too much. Butter and oil are other common popcorn ingredients that are high in fat and may lead to pancreatitis in dogs if over-consumed ([3Trusted Source](#), [11Trusted Source](#), [19Trusted Source](#)).

For these reasons, it is best to only feed your dog plain, air-popped popcorn.

Popcorn kernels are also a choking hazard and may get stuck in your dog's teeth, so you should only provide your dog with fully-popped kernels.

You should limit your dog's intake of cashews.

Plain, unsalted and roasted cashews are safe for most dogs to eat in moderation. However, cashews are high in fat and calories and may lead to weight gain and pancreatitis when consumed in excess ([4](#), [11Trusted Source](#)).

For these reasons, you should limit your dog's intake to one or two cashews a day or less.

Dogs should never eat macadamia nuts.

Macadamia nuts contain an unknown toxin that may lead to vomiting, muscle weakness, tremors, hyperthermia and depression when dogs consume them, even in small amounts ([20Trusted Source](#)).

Additionally, macadamia nuts have a high fat content, which may elevate your dog's triglyceride levels and potentially lead to pancreatitis.

It is best to limit [almonds](#) in your dog's diet.

Although plain, unsalted almonds are generally safe for dogs to eat in small amounts, they are difficult for dogs to digest and may lead to vomiting and diarrhea.

Almonds are also high in fat and calories and have the potential to cause weight gain and pancreatitis in dogs. If you feed your dog almonds, it is best to give very small servings ([11Trusted Source](#)).

Fresh pineapple is safe for dogs to eat in small amounts.

Additionally, pineapple is full of many vitamins, minerals and fiber, making it an excellent nutrient-dense snack for your dog ([21](#)).

Similar to other foods, dogs may experience symptoms like nausea and diarrhea if they eat too much pineapple. Thus, it is best to feed your dog a small amount of pineapple at a time.

You should never feed your dog onions.

Onions contain N-propyl disulfide, a compound that is toxic to dogs. It can damage your dog's red blood cells, reducing their ability to carry oxygen through the body. This often results in a condition called anemia ([22Trusted Source](#), [23Trusted Source](#)).

Anemia in dogs is characterized by a variety of symptoms, including lethargy, weakness, decreased appetite and fainting. In severe cases, dogs with anemia may need a blood transfusion ([22Trusted Source](#), [24Trusted Source](#)).

It is important to note that all components and forms of onions are toxic to dogs, even the leaves, juice and processed powders, such as onion powder.

[Watermelon](#) is safe for dogs to eat, as long as it doesn't contain the rind or seeds.

Watermelon rinds and seeds could be a choking hazard, and some people claim that they can cause digestive problems in dogs.

However, watermelon fruit on its own is a very healthy treat for dogs, as it is low in calories and packed with nutrients, such as vitamin A and vitamin C ([25](#)).

Dogs can eat cottage cheese in small amounts.

However, some dogs may experience digestive issues, such as nausea and diarrhea, after consuming cottage cheese ([14Trusted Source](#)).

For these reasons, you should limit your dog's cottage cheese intake to one or two small spoonfuls per day or less.

Plain white or whole grain [bread](#) is safe for most dogs to eat as an occasional treat.

Before feeding your dog bread, make sure it doesn't contain any extra ingredients, such as raisins, which could be potentially harmful.

Additionally, keep in mind that bread, along with other foods, adds extra calories to your dog's diet and may cause weight gain if he eats too much.

You can safely feed your dog blackberries.

Fresh or frozen blackberries are a healthy treat for dogs. They are low in calories and rich in vitamins,