

People Foods Dogs Can and Can't Eat

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Dedicated dog lovers tend to be very kind people. We share our hearts and homes (and for some lucky pups, even the foot of our beds) with our canine pals. Surely there is nothing wrong with sharing our favorite people foods with our dogs too, right? Not necessarily. Many of the foods, such as [fruits and vegetables](#), that people digest just fine can wreak havoc on a dog's body, causing severe health problems. On the other hand, some of the foods people eat can be introduced to a dog's diet just fine, and even provide health benefits such as joint strength, better breath, and allergy immunity.

But before giving your [dog foods](#) that you crave, read on and learn which foods are safe, and which can send your dog straight to the emergency vet. And always be mindful that even healthy foods fed in excess can lead to [canine obesity](#), a major health concern for U.S. dogs. Always choose a quality [dog food](#) as your dog's main diet.

Human Food Safety for Dogs

Almonds: No, [dogs shouldn't eat almonds](#). Almonds may not necessarily be toxic to dogs like macadamia nuts are, but they can block the esophagus or even tear the windpipe if not chewed completely. Salted almonds are especially dangerous because they can increase water retention, which is potentially fatal to dogs prone to heart disease.

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Bread: Yes, [dogs can eat bread](#). Small amounts of plain bread (no spices and definitely no raisins) won't hurt your dog, but it also won't provide any health benefits either. It has no nutritional value and can really pack on the carbohydrates and calories, just like in people. Homemade breads are a better option than store-bought, as bread from the grocery store typically contains unnecessary preservatives, but it's best to avoid it altogether.

Cashews: Yes, [dogs can eat cashews](#). Cashews are OK for dogs, but only a few at a time. They've got calcium, magnesium, antioxidants, and proteins, but while these nuts contain less fat than others, too

many can lead to weight gain and other fat-related conditions. A few cashews make a nice treat, but only if they're unsalted.

Cheese: Yes, dogs can eat cheese in small to moderate quantities. As long as your dog isn't lactose intolerant, which is rare, but still possible in canines, cheese can be a great treat. Many kinds of cheese can be high in fat, so go for lower-fat varieties like [cottage cheese](#) or mozzarella. Many dogs enjoy their very own dog-specific [Himalayan dog chew](#) made of dried cheese (but we don't recommend sharing it).

Chocolate: No, [dogs should never eat chocolate](#). This isn't just an urban legend. Chocolate contains toxic substances called methylxanthines, which are stimulants that stop a dog's metabolic process. Even just a little bit of chocolate, especially dark chocolate, can cause diarrhea and vomiting. A large amount can cause seizures, irregular heart function, and even death. Do not have chocolate in an accessible location for your dog. If your dog does ingest chocolate, contact a veterinarian or [Pet Poison Helpline](#) as soon as possible.

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Cinnamon: No, [dogs shouldn't eat cinnamon](#). While cinnamon is not actually toxic to dogs, it's probably best to avoid it. Cinnamon and its oils can irritate the inside of dogs' mouths, making them uncomfortable and sick. It can lower a dog's blood sugar too much and can lead to diarrhea, vomiting, increased, or decreased heart rate, and even liver disease. If they inhale it in powder form, cinnamon can cause difficulty breathing, coughing, and choking.

Coconut: Yes, [coconut is OK for dogs](#). This funky fruit contains lauric acid, which can help combat bacteria and viruses. It can also help with bad breath and clearing up skin conditions like hot spots, flea allergies, and itchy skin. Coconut milk and [coconut oil](#) are safe for dogs too. Just be sure your dog doesn't get its paws on the furry outside of the shell, which can get lodged in the throat.

Corn: Yes, [dogs can eat corn](#). Corn is one of the most common ingredients in most dog foods. However, the cob can be hard for a dog to digest and may cause an intestinal blockage, so if you're sharing some corn, make sure it is off the cob. (Or just opt for a [squeaky corn toy](#) instead.)

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Eggs: Yes, [dogs can eat eggs](#). Eggs are safe for dogs as long as they are fully cooked. Cooked eggs are a wonderful source of protein and can help an upset stomach. However, eating raw egg whites can contribute to biotin deficiency, so be sure to cook the eggs all the way through before giving them to