

# Human foods for dogs: Which foods are safe for dogs?

*How we reviewed this article:*

Dogs have different digestive systems than humans. Some foods that are safe for people may or may not be harmful to dogs.

This article looks at several foods that are safe for dogs to eat, and which ones they should avoid.

It is important to remember that this will depend on each dog.

Many foods that people can eat are safe for dogs. However, they should only be eaten in moderation.

## Carrots

[Carrots](#) are a healthful food for dogs. Chewing on carrots can help remove plaque from their teeth and promote good dental health.

Carrots are also a good source of [vitamin A](#), which is [beneficial](#)[Trusted Source](#) for a dog's immune system, skin, and coat.

## Apples

[Apples](#) are a great source of vitamins A and [C](#) and [dietary fiber](#), which can help regulate a dog's digestion.

That said, a [2001 study](#)[Trusted Source](#) found that eating rotting apples can lead to [alcohol poisoning](#) in dogs.

## White rice

Cooked, plain white rice can be a good option for a dog with an [upset stomach](#). It is easy to digest and helps bind stool.

However, white rice can cause [blood sugar levels to rise](#)[Trusted Source](#). Dogs with [diabetes](#) should only eat it in small amounts.

## Dairy products

Dairy products, such as milk, cheese, and plain yogurt, may be safe for dogs to eat in small quantities.

That said, eating too much dairy can cause digestive problems. This is because dogs have low levels of lactase, a digestive enzyme that breaks down the sugars in milk.

Dogs with [lactose intolerance](#) should not eat dairy products. Signs of lactose intolerance include [diarrhea](#) or [vomiting](#) after consuming anything that contains dairy.

## **Fish**

[Salmon](#), [shrimp](#), and [tuna](#) are all safe for dogs to eat and are good sources of [protein](#).

Salmon and tuna are rich sources of [omega-3](#) fatty acids, which may have [health benefits](#)[Trusted Source](#) for dogs, such as maintaining a healthy immune system.

The [B vitamins](#) in shrimp can also help maintain a dog's digestive system and promote healthy blood circulation.

It is important to cook fish before feeding it to a dog, as uncooked fish can contain harmful parasites.

## **Chicken**

Plain, boiled [chicken](#) with no seasoning is a good option when a dog has an upset stomach.

## **Peanut butter**

Unsalted [peanut butter](#) with no added sugar or sweeteners is safe for dogs to eat in moderation.

Peanut butter contains many beneficial elements, including vitamins [E](#) and [B](#), [niacin](#), healthy fats, and protein.

However, it is vital to check that the peanut butter does not contain a sweetener called xylitol, which is [highly toxic to dogs](#)[Trusted Source](#).

Anyone who suspects that their dog has ingested xylitol should immediately contact a veterinarian or call the [Animal Poison Control Center \(APCC\)](#).

## **Plain popcorn**

Plain [popcorn](#), without salt, butter, or sugar can be a nutritional treat for dogs, according to [Animal Kennel Club \(AKC\)](#).

Popcorn contains minerals such as [magnesium](#), [phosphorus](#), and [zinc](#) which are all important for keeping dogs healthy.

Make sure dogs do not eat any unpopped popcorn kernels, as this could cause them to choke.

## **Pork**

Unseasoned, cooked pork is safe for dogs to eat, according to [AKC](#).

However, they should only consume small portions of pork. The high fat content is hard for dogs to digest and it can cause [inflammation](#) and [pancreatitis](#).

Refrain from feeding dogs [bacon](#) or processed ham due to the high salt content.

## Turkey

Cooked [turkey](#) is safe for dogs to eat, but it should be plain and unseasoned. Many commercial dog foods contain turkey, as it is a good source of protein.

Before giving cooked turkey to a dog, remove the fat first. Too much fat can cause pancreas issues in dogs.

## Blueberries

[Blueberries](#) are safe for dogs to eat and are a rich source of fiber, [antioxidants](#), and phytochemicals.

Antioxidants may provide [several benefits](#)[Trusted Source](#) for dogs, such as reducing oxidative stress, risk of diseases and disorders, and age-related issues.

## Bananas

[Bananas](#) are full of magnesium, which is important for good bone health.

However, due to their high sugar content, bananas should only be an occasional treat for dogs.

## Cucumbers

[Cucumbers](#) are a safe, low-calorie snack for dogs, and they can be a good option for those who are overweight.

Cucumbers also contain plenty of vitamins and minerals, such as [vitamin K](#).

## Green beans

Plain [green beans](#) are a good, healthful snack for dogs. They are a source of protein and also contain [calcium](#), [iron](#), and vitamin K.

Dogs can eat green beans cooked or raw. However, avoid seasoning them and chop up the beans first to prevent choking.

A person should consult a veterinarian to see if their pet needs extra fiber in addition to what is included in their diet.

## Watermelon

[Watermelon](#) is safe for dogs to eat, but it is important to remove all the seeds first, as these can block the intestines.

Chewing on the rind can also cause an upset stomach, according to the [AKC](#).

Watermelon has a high water content, so it can help keep dogs hydrated. It is also a good source of vitamins A, C, and B-6.

## Coconut products