**Fresh Food Guide for Your Dog’s Bowl**

**Garden Goodies: Fresh Produce for Dogs**

**These fruits and veggies are nutrient-rich and safe to add to your dog’s meals. Note: Never use canned products with sodium preservatives.**

| Ingredient | **Key Nutrients** | **Benefits** |
| --- | --- | --- |
| Spinach | Vitamins A, K, Iron | Eye health, digestion, red blood cells |
| Carrots | Beta-carotene, Vitamin C | Vision, immunity, heart health |
| Green Beans | Fiber, Vitamin K | Weight control, heart support |
| Apples (no seeds) | Vitamin C, Fiber | Digestion, heart health |
| Blueberries / Cranberries | Antioxidants | Urinary tract, anti-aging |
| Sweet Potatoes | Fiber, Vitamins A, C | Energy, gut regularity |
| Pumpkin | Beta-carotene, Potassium | Bowel health, immunity |
| Zucchini | Vitamin C, Potassium | Hydration, digestion |
| Bananas (moderate) | Potassium, B6 | Muscle and energy support |
| Mango (peeled/pitted) | Vitamins A, C | Immunity, vision |
| Cucumber | Vitamin K, Potassium | Cooling, vascular health |
| Strawberries | Vitamin C, Fiber | Immunity, anti-aging |
| Kale (small amounts) | Vitamins A, C, Calcium | Anti-inflammatory, detox |
| Red Potatoes (cooked) | B6, Fiber | Energy, digestion |
| Pears (no seeds) | Vitamin C, Fiber | Gut and immune health |
| Parsley (flat leaf) | Vitamins C, A | Kidney support, fresh breath |

**Safe Peppers for Dogs: Bell Peppers Only-**Dogs can safely eat **bell peppers** in moderation. These include:

* Red Bell Peppers – Most nutritious; highest in vitamins A and C, beta-carotene, and antioxidants like lycopene.
* Orange Bell Peppers – Rich in vitamin A and beta-carotene; supports skin and eye health.
* Yellow Bell Peppers – Good source of vitamin C and lutein; supports immune and eye health.
* Green Bell Peppers – Least sweet but still beneficial; high in fiber and vitamin C.

**⚠️ Avoid spicy peppers like jalapeños, chili peppers, and habaneros. These contain capsaicin, which can cause digestive upset and even toxicity in dogs.**

**Pantry Power-Ups: Functional Additions**

Add these in small amounts for extra health benefits:

* Whole Grains – Energy and gut health
* Flaxseed – Omega-3s, anti-inflammatory
* Turmeric– Joint and heart support
* Thyme / Oregano – Antimicrobial, immune boost
* Ginger – Nausea relief, joint health
* Coconut / Olive Oil**–** Skin, coat, brain health
* Apple Cider Vinegar (diluted) – Digestion, immunity
* Calcium Phosphate – Bone health (vet-approved dosage)
* Vitamin E (sunflower oil) – Heart and cancer protection
* Eggs (cooked) – Muscle and coat support

**Safe Cheeses for Dogs** (in moderation, small amounts)

| **Cheese Type** | Benefits |
| --- | --- |
| Cottage Cheese | Low in fat and sodium; contains probiotics for gut health. |
| Mozzarella (plain) | Lower in fat; good source of calcium and protein. |
| Soft Goat Cheese | Easier to digest; rich in essential fatty acids. |
| Cream Cheese (plain) | Good for hiding medication; soft and palatable. |
| Ricotta | Mild and lower in salt; contains calcium and protein. |
| Cheddar (small amounts) | High-value training treat; rich in calcium and vitamin A. |

**⚠️ Cheeses to Avoid**

* Blue cheese – Contains mold and roquefortine, which can be toxic.
* Cheeses with garlic, onion, or chives – These ingredients are toxic to dogs.
* High-fat or salty cheeses – Can lead to obesity, pancreatitis, or kidney issues.
* Processed cheese slices or spreads – Often contain additives and preservatives.

**Benefits of Cheese for Dogs**

* Protein & Calcium – Supports muscle and bone health.
* Vitamin A & B12 – Boosts immunity, skin, and nerve function.
* Training Tool – High-value reward for obedience training.
* Medication Helper – Great for hiding pills.

**Tip: Always feed cheese in small amounts and watch for signs of lactose intolerance (gas, diarrhea, bloating).**

**Animal-Based Proteins (Most Recommended)**

| Protein | **Benefits** |
| --- | --- |
| Chicken | Lean, digestible, muscle support |
| Beef | Iron-rich, energy boost |
| Turkey | Low-fat, gentle on stomach |
| Lamb | Great for poultry allergies |
| Fish (Salmon, Sardines, Mackerel) | Omega-3s, skin and joints |
| Eggs | Complete protein, coat health |
| Duck | Novel protein for sensitivities |
| Venison | Hypoallergenic, lean |
| Rabbit | Easy to digest |
| **Pork** | ❌ *Not recommended* |

**Safe Carbohydrates for Dogs**

**Starchy Veggies**

* Sweet potatoes
* Pumpkin
* Butternut squash
* Carrots

**Grains (if tolerated)**

* Brown rice
* White rice
* Oatmeal
* Quinoa
* Barley

**Other Options**

* Whole wheat pasta (small amounts)
* Cooked lentils or chickpeas (watch for gas)

**Carbs & Veggies to Avoid**

These may cause gas or are unsafe:

* Corn, Bread, Sugary/Processed Carbs
* Broccoli, Cauliflower, Cabbage, Brussels Sprouts, Peas, Black Beans

**Tips to Reduce Gas:**

**✅ Cook veggies (steam or boil)**

**✅ Serve small portions**

**✅ Introduce gradually**

**⚠️ Toxic Foods to Avoid**

These are dangerous and should never be fed:

**Disclaimer:**

Feeding a **homemade raw diet may carry risks, including foodborne illness and bacterial contamination.** Raw meats can contain harmful pathogens such as *Salmonella*, *E. coli*, and *Listeria*, which pose health risks to both pets and humans. To ensure safety and nutritional balance, always consult a qualified nutritionist before preparing or feeding raw meals at home.

| Food | **Toxin** | **Risk** |
| --- | --- | --- |
| Chocolate | Theobromine | Seizures, death |
| Grapes/Raisins | Unknown | Kidney failure |
| Onions/Garlic | Thiosulfates | Anemia |
| Avocado | Persin | GI upset |
| Macadamia Nuts | Unknown | Vomiting, tremors |
| Xylitol | Sugar alcohol | Liver failure |
| Alcohol | Ethanol | Coma |
| Cooked Bones | Physical hazard | GI perforation |
| Caffeine | Methylxanthines | Seizures |
| Yeast Dough | Ethanol, gas | Gastric rupture |
| Moldy Foods | Mycotoxins | Organ damage |

**Pet owners are increasingly drawn to making their own dog food but doing so without expert guidance can be risky. If you’re committed to feeding a homemade diet for your dog(s):**

* **Work with a nutritionist**
* **Use recipes that have been professionally formulated and tested**
* **Include proper supplements to meet all nutrient needs**
* **Practice safe food handling to avoid contamination**

**Ready to Cook for Your Dog?**

We’ll help you design **balanced meals** based on your dog’s breed, age, weight, medical needs, and dietary restrictions.

✅ Nationwide service

✅ Ingredient sourcing guidance

✅ Personalized meal prep plans

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