

Fruits and vegetables for Dogs

Vegetables – What's IN

- ❖ Zucchini
- ❖ Green beans
- ❖ Celery
- ❖ Lettuce
- ❖ Peas
- ❖ Sweet Potato
- ❖ Pumpkin
- ❖ Carrot
- ❖ Cucumber



Vegetables – What's OUT

- ❖ Onion/Shallots
- ❖ Rhubarb
- ❖ Raw/green potatoes
- ❖ Wild mushrooms
- ❖ Corn cobs

Feed in Moderation

- ❖ Cabbage/Kale
- ❖ Broccoli/Cauliflower
- ❖ Bok Choy/Choy Sum
- ❖ Spinach
- ❖ Asparagus

- ❖ Vegetables contain vitamins, minerals, enzymes and anti-oxidants
- ❖ Although not essential, they can provide a great nutrient 'boost' 2-3 times per week
- ❖ Vegetables are best crushed or pulped raw as this retains the nutrients best
- ❖ Some vegetables are good steamed to make them easier to digest (sweet potato, pumpkin)

Did you Know....

Dogs lack the ability to break down the cell wall of plants which is why it is best to crush/pulp or steam veges for maximum nutrient absorption

Garlic!

Anti-fungal, anti-viral and boosts the immune system. You can safely give ½ crushed or chopped raw clove a few times a week*

Fruit

Fruit is high in vitamins, enzymes and anti-oxidants and is a great snack food for dogs, but should be fed in **moderation** due to high sugar content



Fruit and Digestion

Fruit has a different digestion rate to meat and as a precaution, is best fed 2-3 hours before or after a meat/bone meal

Fruit – What's IN

- ❖ Apple (not the seeds/core!)
- ❖ Banana
- ❖ Rockmelon
- ❖ Watermelon
- ❖ Pear
- ❖ Pineapple
- ❖ Berries
- ❖ Kiwi Fruit

Over ripe fruits are more easily digested

TIP!

Fill a KONG toy with mashed banana and freeze!

This is a guide only – not all dogs tolerate all fruits and veges. *Consult with your vet if you are unsure or your dog has a medical condition

Fruit – What's OUT

- ❖ Citrus
- ❖ Grapes
- ❖ Tomato stems and leaves
- ❖ Avocados
- ❖ Figs
- ❖ Whole stone fruit (including cherries and lychees - pits can cause obstructions)