



GO FOR IT!



APPLE *(no core,
no seeds)*



BLUEBERRIES



**NATURAL
PEANUT BUTTER**
(without xylitol)



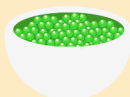
WHITE RICE



EGGS *(cooked)*



CARROTS



PEAS



PUMPKIN
(steamed, plain)

IN MODERATION



BANANAS



STRAWBERRIES



PINEAPPLE *(no
peel, no core)*



CHEESE *(careful,
some dogs are
interolerant)*



OATMEAL
(cooked)



PASTA, NOODLES
(plain)



CUCUMBERS
(no skin)



WATERMELON
(no seeds, no rinds)

PAWS OFF!



AVOCADO



GRAPEFRUIT



PITTED FRUITS
*(plums, peaches,
cherries, etc.)*



**ONIONS,
LEEKs, CHIVES**



GRAPES, RAISINS



MILK



ICE CREAM



CHOCOLATE

CONTINUED....

GO FOR IT!



SWEET POTATOES
(steamed, plain)



CELERY



GREEN BEANS



CANTALOUPE
(no rind, no seeds)



BROCCOLI (no hearts)

IN MODERATION



BREAD (plain)



POTATOES
(cooked)



COCONUT OIL



ORANGES
(no peel, no seeds)



ALL NATURAL HONEY (for dogs over 1 year old)

PAWS OFF!



MUSHROOMS



NUTS



CAFFEINATED BEVERAGES, ALCOHOL



XYLITOL IS HAZARDOUS FOR YOUR DOG

Over recent years, the number and types of products that contain xylitol (birch sugar) has greatly increased. Here are just some examples of food products that may contain this toxic sweetener:

- sugar-free gum
- candies
- chocolate
- breath mints
- baked goods
- peanut butter
- pudding snacks
- ketchup
- sauces (e.g. teriyaki, bbq)
- non-fat yogurts

ALWAYS CHECK YOUR LABELS!

IF POSSIBLE, BUY LOCALLY GROWN, NON-GMO, ORGANIC FOOD

THINGS YOU SHOULD KNOW WHEN FEEDING HUMAN FOOD TO YOUR DOG

- Human food should always be given in moderation because a dog's nutritional needs are different from a human's. Too much human food can cause digestive upset.
- Remember all fruit is high in sugar - always give fruit in small amounts. Do not give your dog an entire piece of fruit in one sitting.
- Only give fresh or frozen fruits and veggies - never canned, because of the sodium content used to preserve all canned foods.
- Always cut foods into bite-sized pieces (e.g. whole blueberries pose a choking hazard).



JM Pet Vet Clinic+