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

Protein Benefits

Beef Iron-rich, energy boost

Turkey Low-fat, gentle on stomach

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:









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

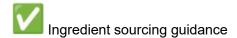
Pet owners are increasingly drawn to making their own dog food but doing so without expert guidance can be risky. If you're committed to feeding a homemade diet for your dog(s):

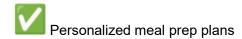
- Work with a nutritionist
- Use recipes that have been professionally formulated and tested
- Include proper supplements to meet all nutrient needs
- Practice safe food handling to avoid contamination

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.







Book your appointment today:



wagginmeals.com/nutritionservices