

# 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
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
<b>Pork</b>	 <i>Not recommended</i>

## 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.



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