

Can my dog eat...?

Recetas Caninas

recetascaninas.com

A list for your fridge: 120 foods checked. When in doubt, leave it out and ask your vet.

No

Alcohol

Severe toxicity

Almonds

Mild toxicity

Avocado

Moderate toxicity

Black pepper

Mild toxicity

Butter

Mild toxicity

Cherries

Moderate toxicity

Chocolate

Severe toxicity

Coffee

Severe toxicity

Cooked bones

Severe toxicity

Cookies

Mild toxicity

Cured ham (jamón)

Mild toxicity

Cured sausages (chorizo, salami)

Moderate toxicity

Garlic

Severe toxicity

Grapefruit

Mild toxicity

Grapes

Severe toxicity

Hazelnuts

Mild toxicity

Ice cream

Mild toxicity

Leeks

Severe toxicity

Lemons

Mild toxicity

Macadamia nuts

Severe toxicity

Nougat (turrón)

Moderate toxicity

Nutmeg

Moderate toxicity

Onions

Severe toxicity

Pomegranate

Mild toxicity

Potato chips and fries

Mild toxicity

Raisins

Severe toxicity

Raw dough

Severe toxicity

Raw eggs

Mild toxicity

Salt

Moderate toxicity

Tea

Moderate toxicity

Walnuts

Moderate toxicity

Xylitol

Severe toxicity

In moderation

Artichoke

Only the heart, with no tough leaves or choke

Beets

Boiled or roasted with no salt, peeled and finely...

Bell peppers

Red, sweet and fully ripe

Blackberries

Fresh and well washed, whole or cut in half

Bread

Plain white or whole wheat bread, fresh or toasted,...

Broccoli

Boiled or steamed for 5-6 minutes

Brussels sprouts

Boiled or steamed with no salt, until tender

Cabbage

Boiled or steamed with no salt, until tender

Cashews

Plain or dry-roasted with no salt

Cauliflower

Boiled or steamed, in small florets

Cheese

Fresh cheeses are best: cottage cheese, ricotta or...

Chestnuts

Only edible chestnuts, never horse chestnuts or...

Chia seeds

Soaked for 10-15 minutes in water or homemade...

Chickpeas

Well cooked, until they mash with a fork, and with...

Cinnamon

There's no need to add it to their food

Coconut

Fresh meat in small pieces or unsweetened shredded

Coconut oil

Virgin, unrefined and unflavored

Dates

Always pitted: open it and check

Duck

Well cooked: roasted, boiled or pan-seared

Eggplant

Ripe, steamed, boiled or roasted with no oil or salt

Figs

Only very ripe fresh figs, washed and with the stem...

Honey

Just a dab, occasionally

Kefir

Plain milk kefir, with no sugar, no flavors and no...

Kiwi

Peeled

Lentils

Cooked in plain water, with no salt, until tender

Liver

Boiled or cooked in a dry pan with no oil, diced or...

Loquats

Ripe, washed and peeled

Milk

Ideally lactose-free, reduced-fat or skim milk

Mushrooms

Only cultivated mushrooms

Mussels

Steamed, with no salt or sauce

Olive oil

Mixed into their food, never by the spoonful or...

Olives

Always pitted

Oranges

Peeled, without the thick white pith and without...

Pasta

Cooked in unsalted water, al dente or slightly soft

Peaches

Washed, pitted and cut into pieces

Peanut butter

Only 100% peanuts, with no salt or sugar

Peanuts

Raw or dry-roasted, unsalted

Persimmon

Fully ripe and soft, or a firm non-astringent type...

Pineapple

Fresh, peeled and without the fibrous core

Pistachios

Shelled, without the shell

Plums

Ripe, washed, pitted and in small pieces

Popcorn

Homemade, with no oil or very little

Pork

Lean cuts only: loin, tenderloin or boneless loin...

Potatoes

Boiled, steamed or baked, with no salt or oil

Raspberries

Fresh and washed

Shrimp

Boiled in unsalted water or cooked in a dry pan...

Spinach

Boiled for 3-5 minutes and drained, discarding the...

Squid (calamari)

Boiled or grilled, with no oil or salt

Sunflower seeds

Shelled, without the shell

Tangerines

Peeled and seedless

Tofu

Plain firm tofu, not marinated, not smoked and with...

Tomatoes

Only red, fully ripe tomatoes, washed

Tuna

Canned in water, drained; "low sodium" or "no salt..."

Yogurt

Plain, unsweetened, unflavored and with no...

Yes

Apples

Asparagus

Bananas

Beef	Lamb	Rabbit
Blueberries	Lettuce	Rice
Carrots	Mackerel	Salmon
Celery	Mango	Sardines
Chicken	Melon	Strawberries
Cod	Oatmeal	Sweet potatoes
Corn	Papaya	Turkey
Cucumbers	Pears	Watermelon
Eggs	Peas	Zucchini
Green beans	Pumpkin	
Hake	Quinoa	

If your dog ate something toxic: don't make them vomit on your own. Call your vet or a 24-hour emergency vet straight away (in the US, the ASPCA Animal Poison Control Center can also help; a fee may apply). Have their weight ready, plus what they ate, how much and when. Keep the packaging.

For information only; it does not replace a visit to the vet. Full guides at recetascaninas.com/en/can-my-dog-eat/