

Healthy Homemade Dog Food

Dogs cannot eat all human food so here's a listing of what dogs are able to eat and foods to avoid.

Healthy Food Raw or cooked lean cuts of boneless poultry (chicken or turkey), beef (ground or cubed), lamb, whitefish like cod, and fatty fish like salmon and herring

Finely chopped or ground raw vegetables, including carrots, broccoli florets, white potatoes, sweet potatoes, and leafy greens (collards, mustard greens, brussels sprouts, romaine lettuce)

Cooked grains like rice, barley, bulgur, polenta, oatmeal, and pasta;

Raw, scrambled, fried (in canola oil), hard-boiled, or poached eggs

Plain yogurt, a small amount of grated hard cheese

Bits of fruit like blueberries, blackberries, raspberries, strawberries, melons, apples, pears, and bananas

Healthy people meals like stew or soup with meat and vegetables (not onion soup or onion pieces), meatloaf, egg salad, and tuna salad

Food to Avoid Fatty meats; cured meat like sausage, bacon, and hot dogs; fried chicken, raw pork

French fries, onions in any form, batter-dipped deep-fried vegetables

White bread, pastries, cookies, cakes, and other sugary baked goods

Pancakes, waffles, processed food

Milk, cream, ice cream

Grapes and raisins

Junk food, frozen dinners, fast food, chocolate and other sweets

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