



Greater Androscoggin Humane Society

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Human-Grade Food Guide

This was created for reference and is not an all-encompassing guide to giving human food to your dog. This list was created as a general guide to refer to when offering food as either a Kong mixture additive or in a dog's food etc. and is a handy go-to when printed off to refer back to.

*It was created based off of both poison control recommendations, individual studies, and veterinarian recommendations.***

Almonds: Not recommended as they aren't easily digested and can cause gas, vomiting, diarrhea, etc.

Apples: Great for dogs unless, they have diabetes as they can raise blood sugar levels. They provide fiber and antioxidants. Cored and frozen apples stuffed with all-natural peanut butter make amazing treats!

Apricots: Not recommended as the pit and stem are highly toxic and can be fatal if digested by dogs.

Asparagus: Great in moderation. Cut into smaller pieces, cooked, and served plain. Provides high fiber, antioxidants, various vitamins.

Avocado: Not recommended. Can cause stomach upset.

Bananas: Great in moderation and high in fiber. Commonly used to mash with peanut butter and make dog-friendly treats.

Beans: Great in moderation as they contain various vitamins and other essentials for dogs. Examples are pinto, garbanzo, cooked lentils, green beans, etc.

Beer: Not recommended as it is toxic to animals and can cause vomiting etc.

Bell peppers (red green yellow): Recommended in moderation and contain vitamins and other health benefits.

Berries: Strawberries and blueberries are excellent for fiber, antioxidants, and vitamin C but too many can cause stomach upset and/or diarrhea. Blackberries and raspberries should be limited as they have natural xylitol in them which is toxic to animals.

Bread: Sparingly as there is no nutritional value.

Broccoli: Smaller amounts as it can irritate some dogs' stomachs. Cut into smaller pieces and can be raw or cooked. It has fiber and vitamins.

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Cantaloupe: Recommended as it is low caloric and has multiple vitamins. Cut into small pieces and remove rind. Great addition to frozen Kongs!

Carrots: Highly recommended either raw or cooked and great fiber and vitamin content. Easier digested if steamed/cooked but can also be given raw cut up into smaller chunks to help teething puppies. Baby carrots make an excellent quick treat in place of a high calorie cookie, especially if your dog is on a weight management plan!

Cashews: Not recommended as the fat content is higher and can cause quicker weight gain than other nuts.

Celery: Recommended for its calcium, iron, and fiber and can provide a great teeth-cleaning benefit instead of treats. For smaller breed dogs it is recommended to chop into smaller pieces.

Cheese: This is usually a higher value treat and is excellent when utilized in smaller bits for training/nosework. It is rich in protein and calcium and mozzarella/cottage cheese are some of the better options but always give in moderation.

Chia Seeds: Recommended for high fiber, antioxidants, various vitamins. Can be used in Kongs and/or sprinkled on meals. Said to help control blood sugar and help overall health of animal.

Chicken: Recommended as well as bone broth (either chicken or beef unsalted) and can be used in frozen Kongs, over food, for a nice frozen treat. It is usually a safe protein and has omega-3 fatty acids that help skin and coat. Recommended to cook chicken to avoid bacterial infections and lean breast is better. Please note that some dogs are allergic to chicken and bones should never be given.

Chickpeas (garbanzo beans/hummus): They are recommended if plain only due to their fiber and vitamin content.

Chocolate: All cocoa poses risks for dogs and large amounts can cause vomiting, diarrhea, panting, seizures, elevated heart rate, etc.

Cinnamon: In moderation/small amounts and is non-toxic and has anti-inflammatory/antibacterial properties and may help regular blood pressure in diabetic dogs. Half a teaspoon with food occasionally is fairly common with natural food users.

Coconut oil (unrefined is best for health benefits): Recommended. May improve a dog's digestion, skin and coat, etc. Always consult your veterinarian as coconut oil is high in saturated fat and each veterinarian has their own recommendations. About a fourth a teaspoon for small dogs to a half per feeding is usually a good place to start. Can also be mixed with Kong

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mixtures and frozen.

Couscous: Recommended in moderation for fiber, protein, and other vitamins.

Cucumbers: Recommended as they are high in antioxidants and have anti-inflammatory benefits. Can also help freshen breath and dogs love the crunch.

Currants: Extremely toxic and can cause severe medical issues like vomiting, diarrhea, weakness and acute renal failure. If ingested contact veterinarian or poison control (listed above) immediately.

Dates: Recommended in moderation as they are naturally high in sugar. Great for calcium, iron, and various vitamins but given in large amounts can cause diabetes. Easier to digest if cut into smaller pieces.

Edamame: Not recommended and can cause issues for dogs with soy allergies.

Eggplant: Recommended for its fiber content and various vitamins. Can be given raw, grilled, baked, etc. but should be avoided with dogs with arthritis or kidney problems due to oxalates it contains.

Eggs: Recommended for their protein, amino acids, and various vitamins/minerals but should never be given raw. Poaching/boiling is best as other methods can involve other unhealthy ingredients (unless fried with coconut oil).

Grapefruit: Not recommended as rind is toxic and can cause digestion issues like vomiting/diarrhea.

Grapes/raisins: Both require immediate veterinarian intervention and may include forced vomiting etc. as even a few can cause kidney failure, diarrhea, vomiting, tremors, lethargy, etc. Can be fatal in only a few days.

Green Beans: Recommended as they have protein, calcium, multiple vitamins etc. and can be given fresh, frozen, canned, etc. as long as there is no additives (salt etc.)

Hamburger meat: Lean is best. Can be served raw but best to be served at least lightly cooked. Hamburgers are “ok” without any condiments or bacon. Veggies like lettuce and tomato are safe but onions are toxic to dogs.

Honey (Unfiltered is best for health benefits): Recommended in moderation and contains a multitude of health benefits and vitamins. Puppies ages 3 months or younger shouldn't be given honey or dogs with immune system issues due to spores. Is a great additive for vet-approved dogs for Kong mixtures!

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Honeydew: Recommended for its vitamin C, fiber, and potassium. Remove seeds/rind. Can cause vomiting or diarrhea if given too much due to the high fiber content and may not be recommended for diabetic dogs due to natural sugar content.

Hotdogs: Not toxic but are not recommended due to preservatives and other additives. Are also high in fat. Can be used sparingly as high-value training treats cut up into fingernail sized bits.

Ice cream: Not recommended but plain, unsweetened yogurt/Greek yogurt plain is a better options and a great addition to frozen Kong mixtures.

Lemons: Not recommended but can be used as a natural flea and tick repellent if administered with vet approval onto coat/skin.

Lettuce: Recommended as a snack/treat given plain.

Limes: Not recommended as peels are dangerous to dogs and insides can also cause upset tummy. Ingested peels can cause lethargy, low blood pressure, and even liver failure. If ingested, contact veterinarian immediately.

Mango: Recommended in small amounts for its high vitamin content and fiber. No skin/pit and they have a higher sugar content so should be vet approved before given.

Mushrooms: Not recommended and can cause gastrointestinal issues, liver/nervous system damage. In the event wild mushrooms are digested, collect a sample and immediately contact your vet.

Nutmeg: Given orally in large quantities it can be toxic but used as scent-work or in extremely low-doses has minimal negative effects.

Onions: Highly toxic can cause weakness, increased hr, drooling, vomiting, etc. Even onion powder should be avoided.

Oranges: Recommended in limited quantities along with tangerines, mandarin oranges, and clementines for their fiber, vitamin C, and potassium contents contrary to lemons/limes/ grapefruit which is to be avoided. Oranges have a higher sugar content so if diabetic or any health concerns should seek out your veterinarian's approval.

Peaches: Can cause stomach distress and/or diarrhea in dogs and pits are toxic but given in small amounts (a slice or two) have great vitamins and fiber content.

Peanut Butter: Recommended for its vitamin, protein, and niacin and is one of the few nuts that are vet approved. Always give all natural, unsweetened/unsalted and be extremely cautious

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when selecting as sugar-free/light peanut butters can have artificial sweeteners (xylitol is a common one and is fairly toxic to dogs). Please note that peanuts should be given in lower amounts as they can cause pancreatitis if eaten in excess.

Pears: Recommended for their potassium, fiber, and vitamin content but can also have a higher sugar content. Could be smashed up and used in frozen Kong mixtures for something different!

Peas: Recommended for their protein, fiber, antioxidants and various vitamin content as long as they are salt-free /plain and can be given frozen, fresh, etc.

Pickles: Not recommended due to sugar/salt content.

Pineapple: Recommended in moderation, cut into smaller pieces, and fresh over canned is best. Offers many different health benefits to include vitamins, minerals, etc.

Pomegranate: Recommended in small amounts but can often make dogs sick as the fruit seeds can cause a tummy ache/vomiting. Many other options could be given instead.

Popcorn: Recommended but in moderation for being high in fiber, carbs, magnesium, etc. with no additional additives.

Pork (Unsalted/seasoned): Recommended for protein, vitamins, and minerals but should never be given raw/undercooked.

Potatoes: Recommended but should always be plain and cooked. (Never given raw as that can be toxic to a dog). They provide carbs, iron, and various vitamins.

Pumpkin: Recommended for its protein, fiber, beta carotene, and various vitamin content. It is also beneficial for dogs that experience stomach upset (diarrhea and constipation) because it balances the digestive system. Always use fresh or canned with nothing added. When selecting canned be sure it has no spices, sugar, etc. included/not pie-ready. They can also eat roasted pumpkin seeds. We use canned pumpkin in our frozen Kong mixture at the shelter!

Radishes: Recommended in moderation. Great source of fiber, vitamin C, potassium and can also help to clean dog's teeth. Many dogs love the crunchy texture and it may also help teething puppies chew healthy snacks!

Rhubarb: Not recommended as the leaves are poisonous.

Salmon: Most fish is recommended for dogs and salmon is excellent for their skin and coat. It is high in protein, vitamins, and minerals. Should never be given raw salmon and bones should be removed. The skin is high in fat so should be given sparingly.

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Seaweed: Recommended if using a seaweed supplement on a dog's food or in a Kong mixture as it contains various nutritional benefits like omega-3 fatty acids, iron, vitamins, etc. A dog should never eat seaweed etc. from a beach as it can contain many different harmful organisms/toxins.

Sesame seeds: Recommended but only in moderation and are good for strong bones, joints, etc. as they contain calcium, copper, and antioxidants. If given in large amounts can cause stomach/bowel upset, vomiting and diarrhea.

Spinach: Recommended in small amounts/moderation because it can cause bladder/kidney stones if given in large amounts. Contains numerous vitamins, fiber, iron, and beta carotene. Steaming is the best option and is an excellent addition to frozen Kong mixtures!

Squash (All variations): Recommended for their health benefits in moderation. Can be steamed, baked, raw for consumption with no added flavorings/condiments.

Strawberries: Recommended in moderation/small amounts for their fiber, antioxidants, and vitamin C and are great for a dogs teeth. If given too many can cause stomach upset. Fresh is always best but if using canned, must make sure there are no excess sugars/sweeteners (especially Xylitol as it is highly toxic to a dog). Great as a Kong additive and there are many different dog-friendly strawberry recipes out there.

Sugar: Not recommended and can give a dog many different health complications.

Sweet potato: Recommended and dogs usually love them for their sweet taste. Contain various vitamins and fiber. Make excellent treats and chews when oven/air dried and are an excellent Kong mixture additive! Great given to teething puppies to alleviate aching and enable healthy chewing.

Tomato: Not recommended as there are plenty of other options and tomatoes can be toxic (leaves and stems). Some dogs are even allergic to tomatoes.

Turkey: Recommended with skin and all bones removed. White meat of the turkey contains the most health benefits and the fatty areas of the turkey legs/skin can lead to health issues and may cause vomiting/diarrhea. Plain ground turkey lean is also a great option for dogs. Bones should never be given as they can pose a choking hazard.

Vinegar: Some studies have shown apple cider vinegar (unfiltered) has many health benefits for dogs but some dogs do not react well to vinegar in general. Recommended to consult your veterinarian for recommendation.

Watermelon: Recommended with seeds and rind removed as it can cause stomach upset. Watermelon has many vitamins and is refreshing. Great frozen for thermal enrichment!

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Yogurt: Recommended as long as the dog is not lactose intolerant. Yogurt is high in protein and calcium and plain Greek yogurt is the best for nutritional value. An amazing Kong mixture additive!

Although they are not Human Food items, we frequently are asked about the following items:

Holiday plants: Christmas trees, mistletoe, holly, and easter lilies are all toxic to dogs if digested. Veterinarian should be contacted if concerns of ingestion etc.

Rawhides: It can be safe but consulting veterinarian for their recommendation is always best as “aggressive chewers” can swallow them whole and they can cause intestinal tears/blockages. Carrots, bully sticks, etc. are also good options.

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