

A white, fluffy dog is sitting in the background, looking towards the camera with its tongue out. In the foreground, there is a wicker basket filled with several large, orange carrots. To the right of the basket are two green zucchinis. In front of the basket is a white square bowl filled with chunks of raw, red meat. In the bottom foreground, there are two bright green bowls with silver metal rims. The background is a simple, light-colored indoor setting.

A GUIDE TO HEALTHY VEGETABLES FOR YOUR DOG



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Healthy Vegetables for Dogs

In today's society, our dogs are viewed as members of the family. Rightfully so, our canine companions are now treated with the same love and attention that new parents would shower upon their newborn child. More than ever before, we are specifically paying attention to what our dogs eat. You may surely be thinking that dogs can eat vegetables, they are healthy after all. Well, yes and no. In this exclusive PET**HONESTY** EBook we are going to answer all the facets of the question: what vegetables can a dog eat?

So, are Vegetables Good for Dogs?

Simply put, the answer is “yes, but...”. To enumerate, many vegetables are just as healthy and nutritionally beneficial for dogs as they are for people. Conversely, there are some vegetables that can be downright *toxic* when consumed by canines.

Keep in mind, the following list is exclusively referring to fresh, unseasoned, unflavored vegetables.

Furthermore, all dogs are different – they require varying amounts of nutrients and have unique reactions to certain foods. As always, check with your trusted veterinarian regarding the type (and amount) of vegetables that are healthy to feed your special pup.

Read on to find out which veggies are healthy and which to avoid when it comes to feeding Fluffy.



SWEET POTATOES

If you have taken a stroll down the dog food aisle lately, you have likely seen more and more brands boasting sweet potato recipes. In addition to being **safe** for dogs to eat, sweet potatoes are packed with the following power nutrients:

- Calcium (strong bones!)
- Folate
- Vitamins A, E, C, and B-6
- Potassium
- Iron
- Copper
- Thiamine

Low in fat, these oval-shaped orange powerhouses contain vitamin B6, vitamin C, and manganese. With the help of these powerful nutrients, sweet potatoes can help aid an ailing digestive system.



CARROTS

Our childhood friend Bug's Bunny certainly was onto something when it came to healthy snacks. Carrots are an affordable, delicious, and nutritious treat for your beloved pup. These bright orange veggies contain fiber, potassium, and Vitamin A. In canines, vitamin A promotes a healthy immune system, strong bones, and a healthy immune system.

Additionally, carrots boast the skin and eye health powerhouse *beta-carotene*. This nutrient prevents UV radiation and free-radical damage.

Furthermore, carrots make a delightful edible chew toy for your dog. Better yet, chomping on carrots can actively clean your dog's teeth in the process.

Some veterinarians even recommend giving puppies cold or frozen carrots to help manage teething.



GREEN BEANS

If your dog has ever struggled with obesity, your vet may have suggested a diet involving green beans. Packed with omega-3 fatty acids, calcium, vitamins (A, K, and C), and even *protein*, green beans make a wonderful and healthy addition to your dog's diet.

Additionally, green beans are jam-packed with fiber. This high fiber content helps keep your dog full for longer, without packing on the pounds or calories.

Better yet, dogs love them! Whether your dog is trying to shed some pounds, or simply getting a reward for good behavior, green beans make a wonderful alternative to traditional high-calorie dog treats.

BRUSSELS SPROUTS

While you may not be able to get your kids to these tiny, mini-cabbage like veggies, your dog will have no trouble gobbling up this healthy treat! Brussel sprouts contain a number of healthy nutrients. Such as:

- **Fiber**
- **Vitamins A, C, B1, B6, and K**
- **Antioxidants**

These nutrients help promote strong bones, protect the heart, and fight free radicals.

The only downside? Lots of puppy toots. Brussel sprouts contain *isothiocyanate*, which promotes the healthy flow of waste throughout the intestinal tract. In tandem, this substance creates a natural build-up

of bacterium, which leaves your dog's body as harmless, albeit perhaps stinky, farts.





CHAPTER 5

PUMPKIN & SQUASH

Technically speaking, both squash and pumpkins are considered to be *fruits*. Both contain seeds and grow from the flowering part of the plant, garnering them the scientifically sweet status of fruit. However, to appease our brain's natural vegetable association, we've included them on this list.

Interestingly enough, pumpkin is commonly used to help dogs suffering from constipation or diarrhea. Pumpkin is high in fiber and chock-full of antioxidants that help regulate gastrointestinal health. Better yet, pumpkin is rich in water which helps combat dehydration commonly associated with GI ailments.

When feeding your dog pumpkin or squash, be sure to only give them the “meat”. Discard the skin, and keep the seeds to yourself as a tasty toasted fall-time treat!



BELL PEPPERS

Orange, green, red, and yellow bell peppers contain powerful antioxidants, fiber, and beta-carotene. However, *red* bell peppers have the highest amount of antioxidants, vitamins, and nutrients of all the bell peppers.

When added into your dog's diet, the antioxidants in bell peppers can help maximize immune function. Additionally, beta-carotene (also found in carrots!) is converted into vitamin A in your dog's body, which promotes healthy coat, skin, and eye health.

Be sure to remove the stem and all the seeds and serve in small, easy bite-sized pieces.

CELERY

This stalky veggie is a crunchy vehicle of hydration. Celery is rich in water (it is 95% water!) and antioxidants, making it the perfect treat for a hot day. Additionally, celery is rich in vitamin K, which promotes healthy, strong bones. This high-level of vitamin K makes celery a wonderful snack for older dogs who could use a bone-strengthening boost.

Celery leaves are one of the more flavorful parts of celery when it comes to making soup for yourself – but stick to the crunchy celery stalk when feeding celery to Fluffy.

Furthermore, celery has been known to help freshen bad breath – a fringe benefit most dogs could use!

More good news, celery is low in calories and great for weight loss.



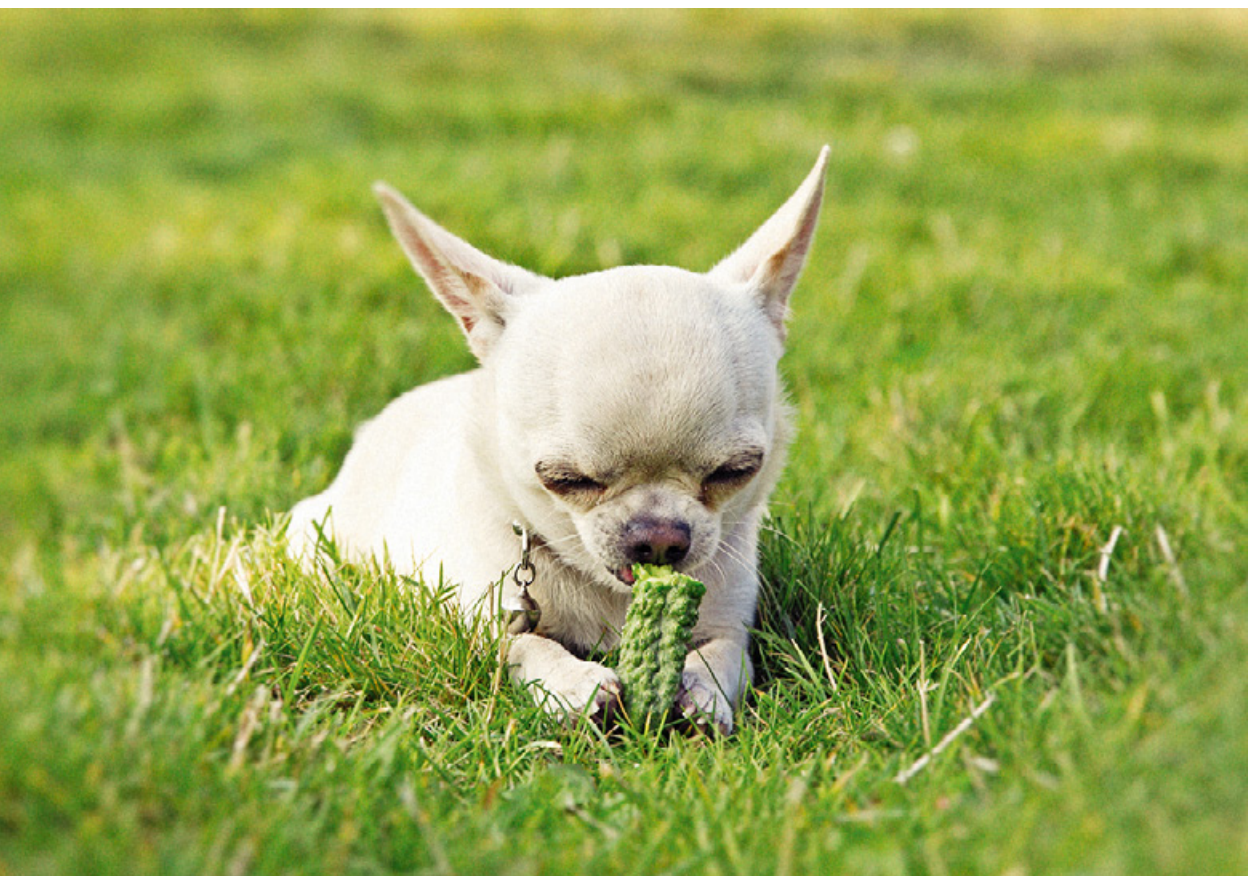
CUCUMBERS

If celery doesn't strike your dogs fancy, cucumbers offer similar breath-freshening and hydration benefits. Cucumbers are 96% water, so they make for a refreshing snack after a long walk or playtime.

Additionally, like celery, cucumbers have nearly non-existent fat, sodium, and carbohydrate levels. In fact, a half a cup of cucumber contains a mere eight calories. How many calories in a single Milk-Bone treat you ask? *Forty*. Woof. So stick to healthy treats like cucumber with doggies that need to shed a few pounds.

Note: While pickles are, in fact, made from cucumbers, they are a totally different ball game.

Pickles are packed with sodium, not to mention other flavorings and spices. Therefore, stick to fresh, non-pickled cucumbers when reaching for a snack for your favorite furry friend.



ZUCCHINI

The refined cousin of the cucumber is the zucchini. These dark green veggies are packed with magnesium, vitamin C, and potassium. This brilliant combination of nutrients can help fight cardiovascular diseases, infections, and even cancer.

Better yet, like cucumbers, zucchini is a great go-to for a low-calorie snack. An entire cup of fresh, chopped zucchini clocks in at a mere 20 calories. Additionally, zucchini is low in cholesterol and fat, making it a “guilt-free” doggie treat.

Note: If you are snacking on zucchini bread, your sweet pup is going to have to pass. Cooked people foods like bread and desserts are packed with

sugar and other ingredients that can be harmful to your dog's health – or at least their waistline.



“NO-NO” DOG

VEGETABLES

It is universally known that chocolate is bad for dogs. Naturally, it is easy to think of vegetables (the anti-chocolate) as a healthy snack for both you and your dog. However, did you know that some vegetables may be bad for your dog? When feeding your dog vegetables, here are the ones to avoid.

1 Mushrooms

Like onions and garlic, mushrooms are incredibly toxic to dogs. There are tens of thousands of mushroom species, and admittedly, not all of them are toxic to dogs. However, it is a gamble simply not worth taking. Certain species of mushrooms are

so poisonous to dogs that they can lead to an untimely death.

2 Onions and Garlic

Whether raw, cooked or ground into a powder, garlic and onions are *toxic* for dogs. Specifically, these root vegetables can damage and burst red blood cells in canines.

3 Tomatoes

While tomatoes are technically a fruit, it is worth mentioning that dogs should *not* eat them. Specifically, the leaves and stems of the tomato plant contain a substance referred to as *solanine*. Solanine is toxic for dogs, and while the actual tomato is solanine-free, it is best to keep tomatoes off the menu.

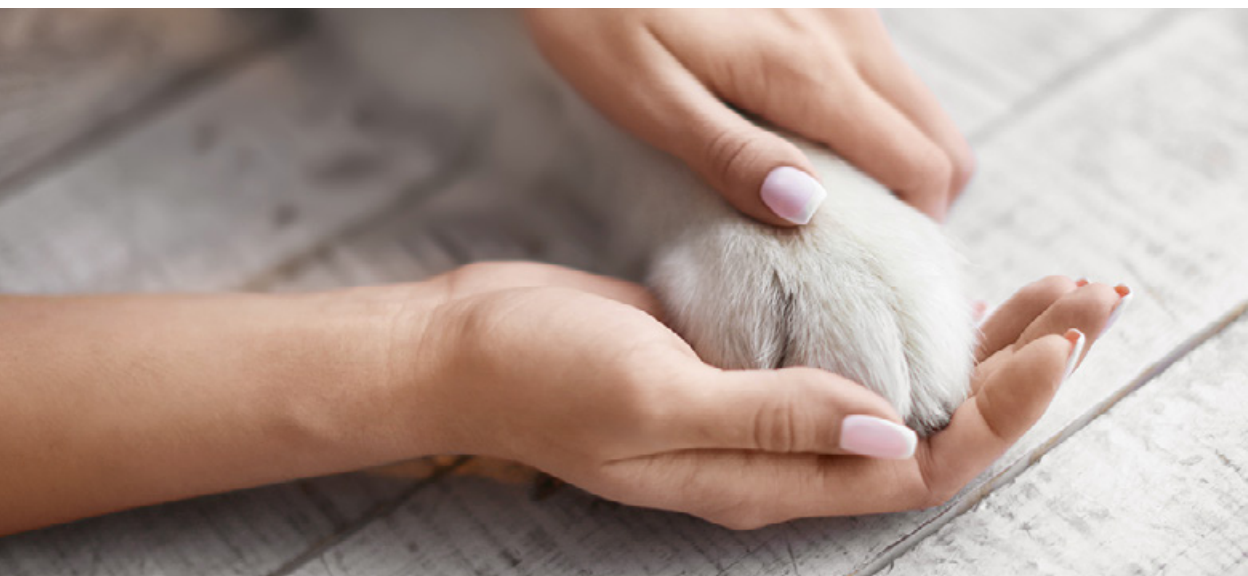
4 Corn

While corn is actually safe for dogs, it simply isn't the healthiest option. Corn is a very common canine

allergen, so it is a good idea to forgo the corn at dinner. Moreover, corn is a dense carbohydrate so it tends to pack the pounds on your pooch.

5 Avocado

While beloved as a toast topper by millennials everywhere, avocado should not be shared with Fido. The skin, pit, and leaves of avocados contain a toxin called *persin*. To illustrate, persin is a nasty villain in your dog's digestive tract. Persin causes painful and excessive diarrhea and vomiting in dogs.



TIPS FOR FEEDING VEGETABLES TO DOGS

Regarding canine-friendly veggies, here are some best practices to keep in mind:

1 Consult Your Vet!

First and foremost, it is always a good idea to check with your veterinarian before introducing new foods, even healthy vegetables! Your trusted vet knows your dog's personal health history, and can properly determine which nutrients are most beneficial, or conversely, detrimental to your dog's health.

2 Go Raw!

Raw vegetables have more nutrients than cooked vegetables, so your pup will get max health benefits from uncooked, fresh vegetables.

3 Plain is the Way to Go!

If you choose to cook the veggies, do *not* use any seasonings, oils, butter, or other flavors – especially *garlic*!! Garlic is incredibly toxic to dogs and finds its way into a lot of pre-made human food – another good reason to avoid table-scrap feeding.

4 Small Bites!

When raw, a lot of veggies (hello, carrots) are really hard and can present a choking hazard. Always cut up veggies into small, bite-sized pieces.

5 Just the Good Stuff!

Remove all skins, seeds, stems, and leaves before feeding. Additionally, stick to organic produce when

shopping – it ensures the lowest amount of potentially harmful pesticides.

6 Everything in Moderation!

Think of vegetables as healthy treats for your dog. Of which, treats should make up less than 10% of your dog's daily food intake – the same rule applies with vegetables!

7 Fun Serving Ideas!

When serving, you can cut into small pieces (or puree!) and sprinkle directly into your dog's food. Additionally, you can serve alone as a healthy, tasty treat between meals!

8 Slow and Steady!

Any new food should always be introduced slowly to your dog. This promotes a healthy gastrointestinal reaction and gives you the opportunity to easily spot a potential allergic reaction.

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