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Fruits and Vegetables Dogs Can or Can't Eat

By AKC Staff

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that we used to see in the emergency room ? A lot are raisins and

[winter, summer, skin, diet, obesity](#)

It's not uncommon to want to spoil your dog by sharing table scraps or your favorite snack. After all, if it is safe for you to eat, it must be OK for them to eat, right? Not necessarily. While many [human foods](#) are perfectly safe for dogs, some are very unhealthy and downright dangerous, so it's critical to learn which fruits and vegetables dogs can eat. Dogs digest differently than humans do, and eating the wrong foods can lead to long-term health problems and, in extreme cases, even death. As carnivores, they have no real need for fruits and vegetables as part of their diet, but an occasional fruit or veggie as a treat is OK. Read on to find out which fruits and vegetables are OK for sharing in moderation and which should be avoided.

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Fruits Dogs Can and Can't Eat

Apples

Yes, [dogs can eat apples](#). Apples are an excellent source of vitamins A and C, as well as fiber for your dog. They are low in protein and fat, making them the perfect snack for senior dogs. Just be sure to remove the seeds and core first. Try them frozen for an icy warm weather snack.

Avocado

No, [dogs should not eat avocado](#). While avocado may be a healthy snack for dog owners, it should not be given to dogs at all. The pit, skin, and leaves of avocados contain persin, a toxin that often causes vomiting and [diarrhea in dogs](#). The fleshy inside of the fruit doesn't have as much persin as the rest of the plant, but it is still too much for dogs to handle.

Bananas

Yes, [dogs can eat bananas](#). In moderation, bananas are a great low-calorie treat for dogs. They're high in potassium, vitamins, biotin, fiber, and copper. They are low in cholesterol and sodium, but because of their high sugar content, bananas should be given as a treat, not part of your dog's main diet.

Blueberries

Yes, [dogs can eat blueberries](#). Blueberries are a superfood rich in antioxidants, which prevent cell damage in humans and canines alike. They're packed with fiber and phytochemicals as well. Teaching your dog to catch treats in the air? Try blueberries as an alternative to store-bought treats.

Cantaloupe

Yes, [cantaloupe is safe for dogs](#). Cantaloupe is packed with nutrients, low in calories, and a great source of water and fiber. It is, however, high in sugar, so should be shared in moderation, especially for dogs who are overweight or have diabetes.

Cherries

No, [dogs should not eat cherries](#). With the exception of the fleshy part around the seed, cherry plants contain cyanide and are toxic to dogs. Cyanide disrupts cellular oxygen transport, which means that your dog's blood cells can't get enough oxygen. If your dog eats cherries, be on the lookout for dilated pupils, difficulty breathing, and red gums, as these may be signs of cyanide poisoning.

Cranberries

Yes, [cranberries are safe for dogs](#) to eat. Both cranberries and dried cranberries are safe to feed to dogs in small quantities. Whether your dog will like this tart treat is another question. Either way, moderation is important when feeding cranberries to dogs, as with any treat, as too many cranberries can lead to an upset stomach.

Cucumbers

Yes, [dogs can eat cucumbers](#). Cucumbers are especially good for overweight dogs, as they hold little to no carbohydrates, fats, or oils and they can even boost energy levels. They're loaded with vitamins K, C, and B1, as well as potassium, copper, magnesium, and biotin.

Grapes

No, [dogs should never eat grapes](#). Grapes and raisins (dried grapes) have proved to be very toxic for dogs no matter the dog's breed, sex, or age. In fact, grapes are so toxic that they can lead to acute sudden kidney failure. Always be mindful of this dangerous fruit for dogs.

Mango

Yes, [dogs can eat mangoes](#). This sweet summer treat is packed with four different vitamins: A, B6, C, and E. They also have potassium and both beta-carotene and alpha-carotene. Just remember, as with most fruits, remove the hard pit first, as it contains small amounts of cyanide and can become a choking hazard. Mango is high in sugar, so use it as an occasional treat.

Oranges

Yes, [dogs can eat oranges](#). Oranges are fine for dogs to eat, according to veterinarians, but they may not be fans of any strong-smelling citrus. Oranges are an excellent source of vitamin C, potassium, and fiber, and in small quantities, the juicy flesh of an orange can be a tasty treat for your dog. Vets do recommend tossing the peel and only offering your dog the flesh of the orange, minus any seeds. Orange peel is rough on their digestive systems, and the oils may make your dog literally turn up their sensitive nose.

Peaches

Yes, [peaches are safe for dogs](#) to eat. Small amounts of cut-up fresh or frozen peaches are a great source of fiber and vitamin A, and can even help fight infections, but just like cherries, the pit contains cyanide. As long as you completely cut around the pit first, fresh peaches can be a great summer treat. Skip canned peaches, as they usually contain high amounts of sugary syrups.

Pears

Yes, [dogs can eat pears](#). Pears are a great snack because they're high in copper, vitamins C and K, and fiber. It's been suggested that eating the fruit can reduce the risk of having a stroke by 50 percent. Just be sure to cut pears into bite-size chunks and remove the pit and seeds first, as the seeds contain traces of cyanide. Skip canned pears with sugary syrups.

Pineapple

Yes, [pineapple is safe for dogs](#) to eat. A few chunks of pineapple is a great sweet treat for dogs, as long as the prickly outside peel and crown are removed first. The

tropical fruit is full of vitamins, minerals, and fiber. It also contains bromelain, an enzyme that makes it easier for dogs to absorb proteins.

Raspberries

Yes, [dogs can eat raspberries](#). Raspberries are fine in moderation. They contain antioxidants that are great for dogs. They're low in sugar and calories, but high in fiber, manganese, and vitamin C. Raspberries are especially good for senior dogs because they have anti-inflammatory properties, which can help aging joints. However, they do contain small amounts of [xylitol](#), so limit your dog to less than a cup of raspberries at a time.

Strawberries

Yes, [dogs can eat strawberries](#). Strawberries are full of fiber and vitamin C. Along with that, they also contain an enzyme that can help whiten your dog's teeth as he or she eats them. They contain sugar, so be sure to give them in moderation.

Tomatoes

No, [dogs should avoid tomatoes](#). While the ripened fruit of the tomato plant is generally considered safe for dogs, the green parts of the plant contain a toxic substance called solanine. While a dog would need to eat a large amount of the tomato plant to make him or her sick, it's better to skip tomatoes all together just to be safe.

Watermelon

Yes, [dogs can eat watermelon](#). It's important to remove the rind and seeds first, as they can cause intestinal blockage, but watermelon flesh is otherwise safe for dogs. It's full of vitamin A, B-6, and C, as well as potassium. Watermelon is 92 percent water, so it's a great way to help keep your dog hydrated on hot summer days.

Vegetables Dogs Can and Can't Eat

Asparagus

No, [dogs should not eat asparagus](#). While asparagus isn't necessarily unsafe for dogs, there's really no point in giving it to them. It's too tough to be eaten raw, and by the time you cook it down so it's soft enough for dogs to eat, asparagus loses the nutrients it contains. If you really want to share a veggie, something more beneficial is probably best.

Broccoli

Yes, [broccoli is safe for dogs](#) to eat in very small quantities and is best served as an occasional treat. It is high in fiber and vitamin C and low in fat. However, Broccoli florets contain isothiocyanates, which can cause mild-to-potentially-severe gastric irritation in some dogs. Furthermore, broccoli stalks have been known to cause obstruction in the esophagus.

Brussels Sprouts

Yes, [dogs can eat Brussels sprouts](#). Brussels sprouts are loaded with nutrients and antioxidants that are great for humans and dogs, alike. Don't overfeed them to your dog, however, because they can cause lots of gas. Cabbage is also safe for dogs, but comes with the same gassy warning!

Carrots

Yes, [dogs can eat carrots](#). Carrots are an excellent low-calorie snack that is high in fiber and beta-carotene, which produces vitamin A. Plus, crunching on this orange veggie is great for your dog's teeth (and fun).

Celery

Yes, [celery is safe for dogs](#) to eat. In addition to vitamins A, B, and C, this crunchy green snack contains the nutrients needed to promote a healthy heart and even fight cancer. As if that wasn't enough, celery is also known to freshen doggy breath.

Green beans

Yes, [dogs can eat green beans](#). Chopped, steamed, raw, or canned – all types of green beans are safe for dogs to eat, as long as they are plain. Green beans are full of important vitamins and minerals and they're also full of fiber and low in calories. Opt for low-salt or no-salt products if you're feeding canned green beans to your dog.

Mushrooms

No, [dogs should avoid mushrooms](#). Wild mushrooms can be toxic for dogs. While only 50-100 of the 50,000 mushroom species worldwide are known to be toxic, the ones that are poisonous can really hurt your dog or even lead to death. Washed white mushrooms from the supermarket could be OK, but it's better to be safe than sorry; skip the fungi for Fido all together.

Onions

No, [dogs should never eat onions](#). Onions, leeks, and chives are part of a family of plants called Allium that is poisonous to most pets, especially cats. Eating onions can cause your dog's red blood cells to rupture, and can also cause vomiting, diarrhea, stomach pain, and nausea. Poisoning from onions is more serious in Japanese breeds of dogs like Akitas and Shiba Inus, but all dogs are very susceptible to it.

Peas

Yes, [dogs can eat peas](#). Green peas, snow peas, sugar snap peas, and garden or English peas are all OK for dogs to find in their bowl on occasion. Peas have several vitamins, minerals, and are rich in protein and high in fiber. You can feed your dog fresh or frozen peas, but avoid canned peas with added sodium.

Spinach

Yes, [dogs can eat spinach](#), but it's not one of the top vegetables you'll want to be sharing with you pup. Spinach is high in oxalic acid, which blocks the body's ability to absorb calcium and can lead to kidney damage. While your dog would probably have to eat a very large amount of spinach to have this problem, it might be best to go with another vegetable.

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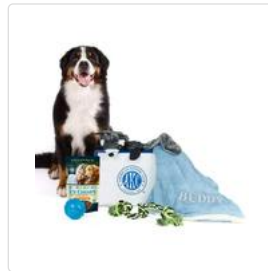
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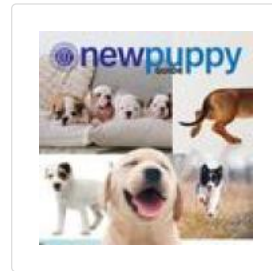
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