

# Human Foods Dogs Can and Can't Eat

*Disclaimer: This guide is for educational purposes only. Every dog is different, and some may have allergies or sensitivities even to foods generally considered safe. Always check with your vet before introducing new foods to your dog's diet.*



## 🚫 FOODS THAT ARE TOXIC OR UNSAFE FOR DOGS

Food	Why It's Unsafe
Chocolate Grapes/Raisins Onions Garlic Macadamia Nuts Avocado Xylitol (sweetener) Cooked Bones Alcohol Caffeine Raw Dough Fat Trimmings	Contains theobromine – toxic to dogs Can cause kidney failure Can damage red blood cells – toxic Same effect as onions but worse – avoid entirely Can cause weakness, tremors, and vomiting Contains persin – can cause stomach upset Can cause insulin release – life-threatening Can splinter and cause internal injury Toxic even in small amounts Stimulates the nervous system – dangerous Can expand in the stomach and produce alcohol Can cause pancreatitis

## ⚠️ COMMON PEOPLE FOODS – USE WITH CAUTION

Food	Notes/Caveats
Peanut Butter Cheese Bread Plain Yogurt Eggs Apple Rice Popcorn Cooked Fish Cucumber Seed Butters	No xylitol, serve plain and in moderation Safe in small amounts; low-lactose is better Plain only; avoid garlic or onion bread Unsweetened and in small portions Cooked only No seeds or core Plain, cooked Plain, air-popped; no salt or butter Boneless, avoid high-mercury fish Peel if your dog has a sensitive stomach Plain, unsalted, xylitol-free; use sparingly

## ✅ SAFE EVERYDAY TREATS

Food	Why It's Safe
Carrots Blueberries Green Beans Pumpkin Watermelon Sweet Potatoes Cooked Chicken, Turkey, Beef, or Lamb Oatmeal	Great low-calorie treat, raw or cooked Rich in antioxidants Low calorie, served raw or steamed Plain, cooked or canned (no pie filling) No seeds or rind Cooked, no skin Boneless, plain, no skin or added fat Cooked plain; good for digestion

### 🐾 Love this chart?

It's part of the **Complete Dog Care Kit** – now just **\$5** during our launch special!

Includes recipe pages, vet logs, food labels, treat recipes, and more.

👉 Available at **HaveYouMade.com**

❓ Not sure about another food? Leave a comment on the blog post—we'd love to help you find out and might even include your question in the next update!