

Human Foods That Are Healthy for Dogs

"As a general rule, add-ins like these can make up about 10 percent of your dog's total meal."

Lucy Postins, Dog Obsessed (founder of The Honest Kitchen)

Apples (no seeds)

Applesauce
(unsweetened)

Bananas

Beef

Blueberries

Broccoli

Carrots

Chicken

Coconut Oil

Eggs

Green Beans

Kale

Lentils

Mango

Melons

Mushrooms (store-bought)

Mussels

Oatmeal

Parsley

Peas

Pears

Potatoes (cooked)

Pumpkin

Rice

Salmon

Sardines

Spinach

Strawberries

Sweet Peppers

Sweet Potato

Turkey

Yogurt (unflavored regular, not Greek)

happy dog mom™

