FREE PRINTABLE

Safe & toxic foods for dogs

The quick list to keep on your fridge: what your dog can share, what they must never eat, and what to do if they do.

20 safe foods
and how to serve them

14 dangerous foods
and the signs to watch for

PRINT ME · STICK ME ON THE FRIDGE

Can my dog eat it?

Yes, plain & in moderation

Carrots
Raw or cooked, cut into coins small enough to swallow safely.

Apples
Slices only. Remove the core and seeds.

Blueberries
A great tiny training treat, fresh or frozen.

Banana
A few slices. Sweet, so keep it occasional.

Watermelon
Seedless flesh only, no rind.

Strawberries
Fresh, sliced, no added sugar.

Cucumber
Crunchy, low in calories, good for chubby dogs.

Green beans
Plain, steamed or raw. No salt or butter.

Pumpkin
Plain cooked or 100% canned pumpkin, not pie filling.

Sweet potato
Cooked and plain. Never raw.

Peas
Fresh or frozen, plain.

Chicken & turkey
Cooked, plain, boneless and skinless.

Lean beef
Cooked and plain, fat trimmed.

Salmon
Cooked and boneless only.

Never

Chocolate & cocoa
Theobromine and caffeine.

Xylitol (birch sugar)
A sweetener in sugar-free gum, candy, baked goods, toothpaste and some peanut butters.

Grapes, raisins & currants
Can cause sudden kidney failure.

Onion, garlic, leeks & chives
Raw, cooked or powdered.

Macadamia nuts
Toxic to dogs even in small numbers.

Alcohol & raw yeast dough
Dough rises in the stomach and makes alcohol as it ferments.

Caffeine
Coffee, grounds, tea bags, energy drinks and caffeine pills.

Cooked bones
They splinter and can choke or tear the gut.

Fatty scraps
Bacon, sausages, skin, fat trimmings and gravy can trigger pancreatitis.

Fruit pits & seeds
Cherry, peach, plum and apricot pits and apple seeds: cyanide compounds and blockage.

Nutmeg
Contains myristicin.

Moldy food & compost
Mold toxins can cause severe tremors.

Raw salmon & trout
Can carry a parasite that causes "salmon poisoning".

Salty snacks & salt dough
Large amounts of salt (chips, pretzels, homemade play dough) are dangerous.

Ate something toxic?
Call right away. Don't wait for signs.

ASPCA Poison Control
(888) 426-4435

My vet / emergency vet
_____

NEVER FEED · 1 OF 2

The dangerous list, explained

Chocolate & cocoa

Theobromine and caffeine. Dark and baking chocolate are the worst.

Signs: Vomiting, restlessness, racing heart, tremors, seizures.

Xylitol (birch sugar)

A sweetener in sugar-free gum, candy, baked goods, toothpaste and some peanut butters. Tiny amounts can be deadly.

Signs: Weakness, wobbling and collapse within minutes to hours; later liver damage.

Grapes, raisins & currants

Can cause sudden kidney failure. No amount is known to be safe, including raisins in baked goods.

Signs: Vomiting, lethargy, drinking and peeing less.

Onion, garlic, leeks & chives

Raw, cooked or powdered. They damage red blood cells. Watch for onion powder in broths, gravies and baby food.

Signs: Weakness, pale gums, red-brown urine, often a few days later.

Macadamia nuts

Toxic to dogs even in small numbers. Most other nuts are too fatty and a choking risk.

Signs: Weak back legs, tremors, fever, vomiting.

Alcohol & raw yeast dough

Dough rises in the stomach and makes alcohol as it ferments.

Signs: Bloating, wobbling, vomiting, low blood sugar.

Caffeine

Coffee, grounds, tea bags, energy drinks and caffeine pills.

Signs: Restlessness, racing heart, tremors.

NEVER FEED · 2 OF 2

The dangerous list, explained

Cooked bones

They splinter and can choke or tear the gut.

Signs: Gagging, straining, blood in stool, belly pain.

Fatty scraps

Bacon, sausages, skin, fat trimmings and gravy can trigger pancreatitis.

Signs: Vomiting, hunched painful belly, not eating.

Fruit pits & seeds

Cherry, peach, plum and apricot pits and apple seeds: cyanide compounds and blockage.

Signs: Choking, vomiting, constipation.

Nutmeg

Contains myristicin. Watch for it in holiday baking and pumpkin spice.

Signs: Disorientation, fast heart, stomach upset.

Moldy food & compost

Mold toxins can cause severe tremors.

Signs: Tremors, panting, seizures.

Raw salmon & trout

Can carry a parasite that causes "salmon poisoning". Always cook fish.

Signs: Vomiting, fever, swollen lymph nodes.

Salty snacks & salt dough

Large amounts of salt (chips, pretzels, homemade play dough) are dangerous.

Signs: Vomiting, extreme thirst, wobbling.

OK TO SHARE

Safe foods, served right

Carrots
Raw or cooked, cut into coins small enough to swallow safely.

Apples
Slices only. Remove the core and seeds.

Blueberries
A great tiny training treat, fresh or frozen.

Banana
A few slices. Sweet, so keep it occasional.

Watermelon
Seedless flesh only, no rind.

Strawberries
Fresh, sliced, no added sugar.

Cucumber
Crunchy, low in calories, good for chubby dogs.

Green beans
Plain, steamed or raw. No salt or butter.

Pumpkin
Plain cooked or 100% canned pumpkin, not pie filling.

Sweet potato
Cooked and plain. Never raw.

Peas
Fresh or frozen, plain.

Chicken & turkey
Cooked, plain, boneless and skinless.

Lean beef
Cooked and plain, fat trimmed.

Salmon
Cooked and boneless only.

Eggs
Fully cooked, no oil or salt.

Plain rice & oats
Cooked plain. Gentle on upset tummies.

Peanut butter
Only xylitol-free and unsalted. A thin layer.

Plain yogurt
Unsweetened, a spoonful. Skip if your dog gets loose stools.

Cheese
Tiny cubes as a high-value treat. Fatty, so go easy.

Mango & cantaloupe
Flesh only. No pit or skin.

The 10% rule: treats and extras should be no more than about 10% of your dog's daily calories. Always plain (no salt, butter, oil or seasoning), cut small, and introduce one new food at a time.

EMERGENCY

My dog ate something toxic. What now?

1. **Stay calm and move your dog away**
   Take away whatever is left, and keep the wrapper or packaging.

2. **Call for help right away**
   Your vet, the nearest emergency vet or a pet poison hotline. Many poisonings look fine for hours, then get serious.

3. **Have these answers ready**
   What they ate, roughly how much, when, and your dog's weight.

4. **Don't make your dog vomit unless told to**
   Some things do more damage coming back up, and home remedies like salt are dangerous.

5. **Follow the vet's advice**
   Bring the packaging with you if you go in.

ASPCA ANIMAL POISON CONTROL

(888) 426-4435

24/7, a consultation fee may apply.

PET POISON HELPLINE

(855) 764-7661

24/7, a fee applies.

MY VET & NEAREST EMERGENCY VET

TREATS YOUR DOG WILL LOVE

Make safe treats at home

Now you know what's safe. **The Smart Dog Kitchen** turns that list into 50 easy treats and meal toppers, every one checked against this sheet.

The Smart Dog Kitchen

50 homemade treats & toppers, made with dog-safe ingredients only.

- ✓ **Baked biscuits, no-bake bites and frozen treats**
- ✓ **Chews and simple meal toppers and broths**
- ✓ **Clear quantities, storage times and size tips**
- ✓ **Allergy-friendly swaps for every recipe**

Get the cookbook for $15 →

payhip.com/b/GqXaN

This printable is general information based on published veterinary poison-control lists and is not a substitute for advice from your veterinarian. Every dog is different: introduce new foods slowly and ask your vet about allergies, weight or health conditions. © 2026 Smart Dog Learning.