Pawmanac

FRIDGE CHART | DOGS

# Can My Dog Eat It?

Your fridge guide to safe and unsafe human foods for dogs

## ✓ SAFE IN SMALL AMOUNTS

Plain, cooked when needed, no salt or spices

- **Carrots** raw or cooked, cut small
- **Green beans** rinse canned ones
- **Peas** plain
- **Pumpkin puree** plain, not pie filling
- **Apples** no core or seeds
- **Bananas** a few slices
- **Blueberries** a low-calorie treat
- **Strawberries** small pieces
- **Watermelon** no rind or seeds
- **Cooked chicken or turkey** no skin or bones
- **Cooked salmon** boneless, fully cooked
- **Cooked eggs** cooked all the way
- **Plain yogurt** no sugar or sweetener
- **Plain rice or oatmeal** cooked, unseasoned
- **Peanut butter** unsalted, xylitol-free
- **Popcorn** air-popped, plain

## ✗ NEVER GIVE

Can make a dog very sick. Call a vet if eaten.

- **Chocolate** all types
- **Grapes and raisins** also sultanas, currants
- **Onions, garlic, chives** raw, cooked, or powder
- **Xylitol** gum, candy, some peanut butters
- **Macadamia nuts**
- **Alcohol**
- **Raw yeast dough**
- **Avocado**
- **Cherry, peach, plum pits**
- **Coffee, tea, caffeine**
- **Cooked bones** can splinter or block
- **Almonds** choking and stomach upset

**Also skip:**
Salty, fatty, or fried foods like bacon, ham, and grease can upset the stomach and may trigger pancreatitis. Not toxic, but not a treat.

**KEEP IT PLAIN**
No salt, sugar, butter, or spices

**COOK IT**
Meat, fish, and eggs fully cooked

**CUT IT SMALL**
Bite-size pieces, no choking

**10% RULE**
Treats under 10% of daily calories

## If your dog ate something on the NEVER list

1. Take the food away and check your dog's mouth.
2. Note what they ate, how much, when, and your dog's weight.
3. Call your vet or a poison helpline right away. Do not wait for signs.
4. Do not make your dog vomit unless a vet tells you to.
5. Go to an emergency vet now if there are seizures, collapse, or trouble breathing.

**Write in your numbers**

My vet: _____

Phone: _____

Emergency vet: _____

Phone: _____

**US poison helplines (fee may apply):**
ASPCA (888) 426-4435
Pet Poison Helpline (855) 764-7661



Updated October 2026. General information only, not veterinary advice. Every dog is different, so ask your vet.