

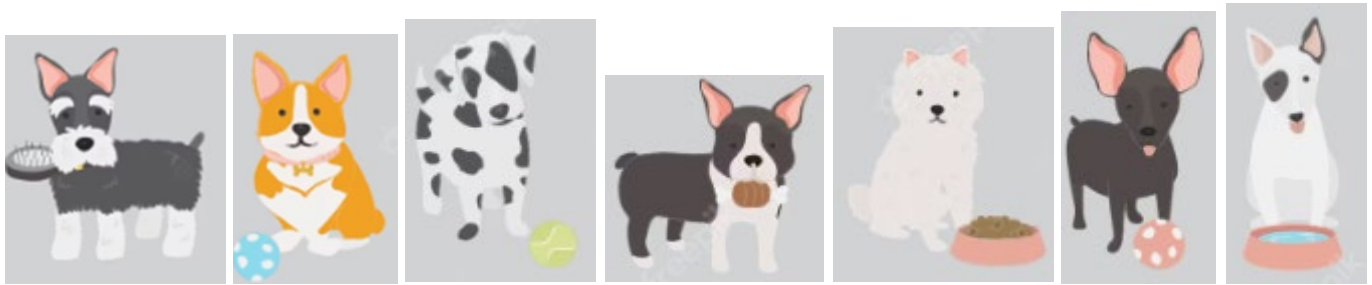
Fruits & Veggies that Sophia Says it is Safe to Eat



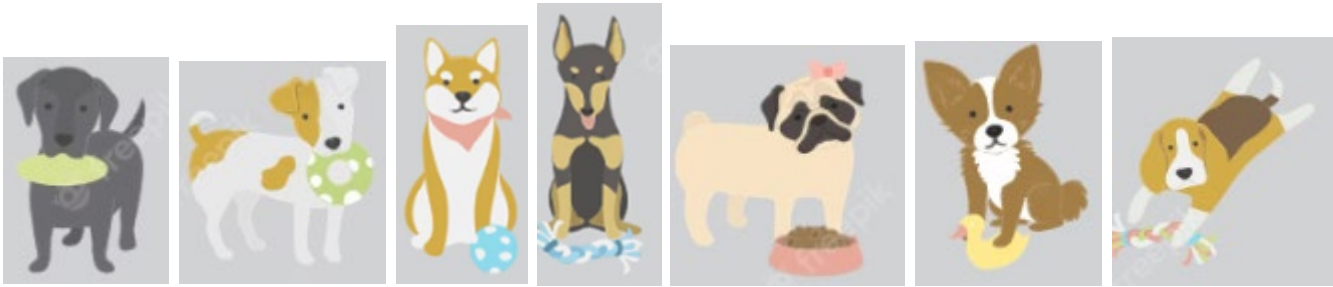
NOTE: Always check with your veterinarian first before giving your dog any new foods, especially “people foods.” What might be okay for one dog might not be good for your dog, depending on multiple factors, such as their age, health history, health conditions, and diet. If your dog is on a prescription diet, it’s not recommended to veer outside his/her diet treatment plan.

If available, purchase fresh, organic fruits and vegetables. If purchasing in a frozen format, make sure there are no seasonings, sweeteners, or any additives listed in the ingredients.

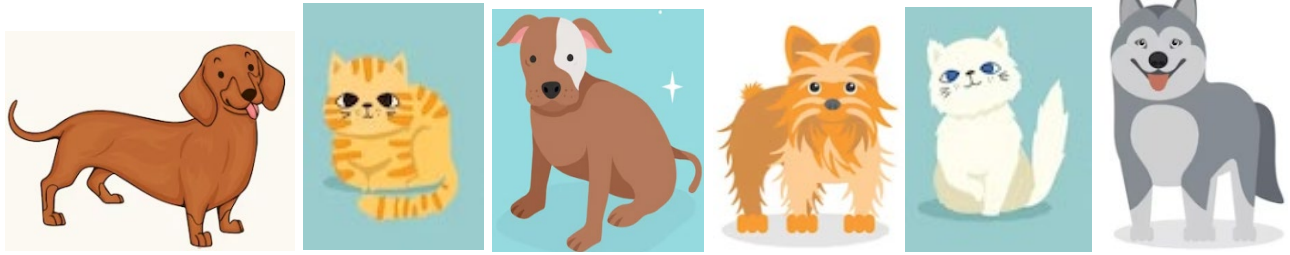
- Apples** Best to stay away from the shiny apples and purchase organic ones. It’s important to remove the stem, seeds, and core in its entirety. **The apple seeds contain a plant compound called amygdalin, and when the seed is chewed, this compound breaks down into “hydrogen cyanide”.** Cut the apple in small, bite size pieces to avoid your pet from choking.
- Bananas** Bananas are one of the best treats you can give to your dog. It’s a good source of potassium, Vitamins C, B6 and biotin. It’s also a good source of fiber, and low in fat. Bananas have an elevated level of sugar content, so be careful to watch how much you feed your pet.
- Beets** Loaded with fiber, minerals, Vitamin C, potassium, folate and magnesium.



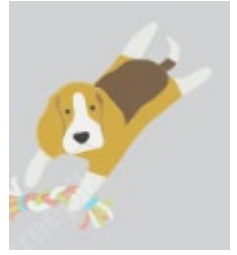
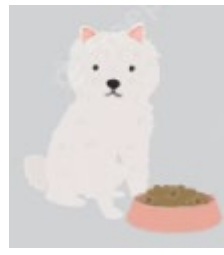
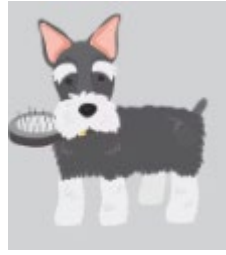
Blackberries	Blackberries or loganberries are safe for most dogs to eat. They are full of Vitamins A, B, C, E & K, has antioxidants, fiber and Omega 3. Just like the raspberry, blackberries contain a certain amount of naturally occurring xylitol in them.
Blueberries	Low calorie treat, contains antioxidants, fiber, Vitamins C & K.
Broccoli	Filled with vitamins and nutrients like Vitamins C & K, and potassium. Great for heart health, bone density and immune systems.
Brussel Sprouts	Vitamins C, A, B1 & B6. The antioxidants can help reduce inflammation and help blood circulation.
Cabbage	Part of the broccoli and cauliflower family, low calorie and high fiber food. Has Vitamins C & K, magnesium, and beta carotene. It's okay to feed, moderation is the key to avoid upset stomachs.
Cantaloupe	Like the other melons, cantaloupes are a great summer snack to rehydrate your dog when they get too hot. Some of the goodness found in a cantaloupe are Vitamins C & A, lutein, choline, selenium, beta carotene and zeaxanthin, all of which are antioxidants.
Carrots	A great crunchy snack that is packed with Vitamins A, B, C, D, E and K. Carrots also have potassium, niacin, beta carotene, calcium, phosphorous, lutein, lycopene and magnesium. It's high in fiber so be aware of that.
Celery	Low in fat and cholesterol and is a great source of fiber, Vitamins A, C & K, folate, potassium and manganese.
Coconut	Lots of good stuff packed in this fruit/nut. Long and short is its non-toxic to dogs, but feed in moderation; can cause stomach upset and bloating. Can help decrease inflammation and helps to fight off the flu.
Cranberries (dried/fresh)	High in fiber and antioxidants, and safe to give your dog. Vitamins C, E, K, B1, B2, copper and manganese are packed in this little fruit.
Cucumbers	Good low-cal food; with a high-water content so a great treat to give on a hot summer day.
Green Beans	A low-cal, good source of fiber with vitamins and minerals that include Vitamin B6, A, C & K, and minerals such as iron and calcium.



- Kale** In lesser amounts, cooked kale is safe and beneficial for your dog's health. Despite this, there is controversy over feeding this vegetable to your dog. Calcium Oxalate and Isothiocyanates, two compounds found in kale, can be harmful to your dog's health if fed regularly in large quantities. Before feeding your pet kale, consult your vet.
- Kiwi** Kiwis are 80% water, which makes them a great summer treat. Kiwis are rich in fiber, vitamin C, potassium, and calcium. There are 220 micrograms of Lutein in one kiwi fruit. Lutein is a vitamin essential for your dog's eye health. You should remove the peel and seeds before offering them to your pet. Kiwi peels are not digestible, and the seeds carry toxins when eaten in large quantities. You should cut the food into bite-sized pieces, just as you would with all other human foods you feed your pet.
- Mango** The mango is another great summer fruit to rehydrate your dog on a hot summer day. Mangos have Vitamin A, antioxidants, fiber, protein, and potassium, which offers a ton of benefits for your dog. It's important to note that the mango has a high sugar content and shouldn't be given on a regular basis. For the mango, you will want to wash it, peel the skin, remove the seed, and cut up in small bite size pieces before offering to your dog. Some dogs may be allergic to mango, so it's recommended to start out with a small amount of the fruit to see you're your pet is handling it.
- Oranges** Oranges are full of Vitamin C and potassium, in fact an orange has more potassium than a banana does, it also is full of fiber, and low in sodium. Also present is thiamine, folate and antioxidants, which are all important nutrients for your pet's health. Oranges have a moderate level of natural sugar, so if your dog has diabetes, you will want to be cautious of how much you give him/her.
- Pears** A safe, healthy snack, rich in Vitamin C and a good source of fiber. Make sure you core and seed the fruit, as the seeds can be toxic if eaten. Moderation is the key, and always check with your vet first.
- Peas** **Black Eyed Peas** (legume) cooked plain, **not seasoned**, has a lot of health benefits for dogs, not to mention they are rich in vitamins and minerals such as calcium, potassium, folic acid, iron, fatty acids, Vitamin K and amino acids.
- English Peas** low calorie veggie, great source of fiber, packed with Vitamins A, B, C & K. Rich in potassium, magnesium, zinc, thiamin, folate/folic acid, and manganese.
- Pineapple** Contains high levels of Vitamin C, riboflavin, niacin, and Vitamin B6. It also contains high fiber and fructose, so be careful when feeding pineapple to your pet, so as not to cause an upset stomach, bloating or gassiness.



- Pumpkin** Good source of fiber and Vitamin A; helps with digestion. Dogs cannot digest raw pumpkin, so it's best to peel and cook it first. Or you can use canned, **organic** plain pumpkin puree', **never** "pumpkin pie mix".
- Raspberries** A safe fruit, in moderation. The antioxidants found in raspberries are beneficial in dogs that suffer from joint pains. **Be aware, raspberries are one of the fruits with the highest amount of naturally occurring xylitol. There are 0.05g of xylitol in 1 cup of raspberries.**
- Bell Pepper** This is a safe, dog friendly vegetable to feed your dog. It has so many vitamins and nutrients such as Vitamins A, E, B6, C, beta carotene, lutein, potassium, folate and fiber.
- Potatoes (cooked)** Potatoes are a debatable vegetable in whether to feed them to your dog. First, **do not** feed your dog raw potatoes. The white potato contains high levels of solanine which is toxic to your dog and can irritate his/her intestinal tracts. Baked or boiled, with the skin off, and of course no seasonings added is how your dog can eat potatoes.
- Sweet Potatoes** are really the best option in the potato family and are considered healthier than regular white potatoes. Sweet potatoes are high in fiber, low in fats, they also have calcium, potassium, Vitamins A, B5, B6, C, and E. They also contain potassium and manganese.
- Spinach** This is another vegetable where there are pros and cons, and not everyone agrees on whether you should feed it to your dog. According to the American Kennel Club, "*Spinach Pros, Spinach contains large amounts of Vitamins A, B, C and K. It also contains iron, antioxidants, beta-carotene, and roughage, which stimulate the digestive tract.*" They go on to state the "*Spinach Cons, spinach is very high in oxalic acid, which blocks the body's ability to absorb calcium and can lead to kidney damage...Soluble oxalates, which contain oxalic acid, bind with magnesium and calcium, which can cause a sudden metabolic imbalance. Calcium oxalate is excreted through the kidneys and a large amount can cause kidney damage, even kidney failure.*" <https://www.akc.org/expert-advice/nutrition/can-my-dog-eat-spinach/>
- Strawberries** Safe to feed to your dog, with Vitamins B9 & C, manganese, potassium, fiber, antioxidants and malic acid. Just be careful, strawberries contain natural sugars and are high in sugar content.
- Watermelon** Is a great fruit to feed your dog, Vitamins A, B6 & C, and potassium. Like the other melons, it's a great way to hydrate your pup on a hot day. **Make sure to remove all seeds and rind as that can cause stomach upset.**
- Zucchini** This is a great, low-fat vegetable to feed your dog. It's full of fiber, so moderation is the key here to avoid an upset stomach. Aside from the antioxidants, Vitamins A, B6, C, and K are in zucchini. Also the nutrients potassium, zinc, manganese, magnesium, copper and phosphorus. You'll want to cut up in bite size pieces to avoid choking.



Dairy that Sophia Says it is Safe to Eat

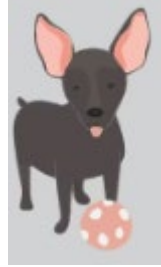
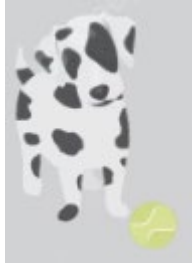


Cottage Cheese
(plain)

Unless your dog is lactose intolerant, plain, low-fat cottage cheese is safe to your dog, as long as there are **no** other additives, i.e., sodium, fruits, nuts, etc.

Goat's Milk

Sheep's Milk
Yogurt - PLAIN



Meat, Fish & Protein that Sophia Says it is Safe to Eat



Beef

Bison

Chicken

Eggs

Lamb

Liver

Lobster

Mussels

Salmon

Sardines

Shrimp

Tuna (not canned)

Turkey

Sophia Says



Alcohol

Asparagus

Avocado

Cherries Cherry pits, leaves and/or stems are highly toxic, even in low doses. Four (4) unpitted cherries can cause cyanide poisoning, which could lead to death if not treated immediately.

*Chives

Chocolate

Coffee/Tea

Corn on the Cob

**Currants

Fried, Fatty Foods

*Garlic (suggested to be 5 x more toxic than onions)

Grapefruit

**Grapes Highly toxic/poisonous even in lesser amounts because of the elevated levels of tannins, monosaccharides and flavonoids.

Ice Cream

*Leeks

Lemons

Limes

Macadamia Nuts

Marshmallows

Meats No processed deli meats



Mushrooms

Nutmeg

*Onions

Peaches Best to check with your vet first, the pits in peaches are just like the pits in cherries, containing doses of cyanide.

Persimmons

Pizza

Plums

Pomegranate Seeds Not toxic, but could cause digestive issues like abdominal pain, vomiting and diarrhea.

**Raisins

Rhubarb

Salt

*Scallions

Spinach Since spinach is a controversial vegetable, it is also listed here on the "Don't Eat" list. Your vet can give you the best advice on whether spinach is the right choice for your dog.

Sugar/Sweets

Unripe Tomatoes

Walnuts

Xylitol Found in gum, candy, breath mints, baked goods, toothpaste, cough syrup, mouthwash, some peanut and nut butters.

Yeast Dough

Dogs and cats can be poisoned by ALL onions in the Allium family (noted above with an ""), in all forms (powdered and dehydrated) whether it is cooked or not.

** Grapes, raisins, and currants in ALL product forms are toxic to your pet.