



FRUITS AND VEGGIES FOR YOUR PET

Whether you're looking to slim down your pet's waistline or are just looking for healthy alternatives to commercial pet treats, we've got a great list for you!

FRUIT

Be sure to wash all fruits and remove seeds and pits before feeding to your pets.

APPLE	STRAWBERRIES
APRICOT	MANGO
BANANA	WATERMELON
BLUEBERRIES	RASPBERRIES
CANTALOUPE	PEAR
PINEAPPLE	ORANGES

AVOID: Grapes and raisins can cause kidney damage. Persimmons can cause inflammation of the small intestine. The pits of peaches and plums contain cyanide and can be poisonous if broken and consumed. Citrus fruits like lemons, limes and grapefruits can cause an upset stomach.

VEGETABLES

BEETS	CAULIFLOWER
LETTUCE	SWEET POTATOES
BROCCOLI	CELERY
PEAS	ZUCCHINI
CABBAGE	CUCUMBER
PUMPKIN	EDAMAME
CARROTS	GREEN BEANS
SPINACH	

AVOID: Onions and garlic are toxic in all forms; cooked, raw and even powder. They can cause damage to the red blood cells. Rhubarb and wild mushrooms also contain toxins.

If your pet is prone to forming urinary crystals ***DO NOT*** feed them green leafy vegetables like broccoli or Kale as these vegetables can form oxalate crystals.