

# What Fruits Can My Dog Eat?


Fruits can be a healthy treat to share, but not all fruits are created equal when it comes to nutrition and safety. In fact, some are downright dangerous. Read on to see if your favorites are a "Yay," a "Nay," or somewhere in between.

















For all fruits, be sure to wash them well, cut into bite-size pieces, and share in moderation since they are higher in sugar. It's also best to introduce fruits one at a time to ensure your dog doesn't have a reaction.

If your pet ingests a dangerous fruit, you should contact your veterinarian right away or visit your nearest MedVet.



**Important note:** Every dog's nutritional needs vary based on their age, weight, activity level, and medical conditions. It's best to talk with your family veterinarian to determine the amount of fresh fruits or vegetables that are good for your dog.

Fruit	Is it safe?	Why?	How?
 Apples		High in fiber and vitamins A and C; low in fat	Remove core, seeds, stems, and leaves (can cause obstruction)
 Avocado		Pit, skin, and leaves contain persin, which causes gastrointestinal issues	
 Bananas		High in potassium, biotin, fiber, and copper	Remove and discard the peel (can cause obstruction)
 Blueberries		High in fiber and antioxidants; low in calories	Use them as a treat when training your dog
 Cantaloupe		Low in calories; high in fiber, water, niacin, folate, potassium, and vitamins A, B6, and C	Remove the rind and scoop out the seeds (can cause obstruction)

Fruit	Is it safe?	Why?	How?	
	Cherries		Plant and pit contain toxic cyanide and, because of the size, it's difficult to serve just the fruit	
	Grapes		Toxic to dogs and can lead to acute, sudden kidney failure	
	Peaches		Fleshy fruit is safe to eat, but the pit contains toxic cyanide	Remove and dispose of the pit safely
	Pineapple		High in fiber, vitamins, and minerals; contains bromelain, which helps dogs absorb proteins	Remove the tough outside skin, core, and crown
	Oranges		High in vitamin C and other antioxidants; citric acid in leaves, peel, seeds, and stem are hard on digestive system; high sugar and acid can cause upset stomach	Serve fleshy fruit only and in small amounts; your pet also may not like the bitter taste
	Raspberries		Lower in sugar and calories; high in fiber; has anti-inflammatory properties; contains a small amount of xylitol which is dangerous in large quantities	Only share in small quantities
	Strawberries		High in fiber, vitamin C, and other antioxidants; contains an enzyme that can help whiten teeth	Remove the stems
	Watermelon		High water content is great for hydration; low in calories; no fat or cholesterol; high in potassium and vitamins A, B6, and C	Remove seeds and rind (can cause obstruction)

 *With Caution*