

Can My Dog Eat This? Fridge Chart

The everyday foods dogs ask for, sorted at a glance. **Safe** means plain and in treat-size amounts (treats stay under about 10% of daily calories). **Caution** means a small, plain amount at most. **Never** means keep it out of reach, and call for help if your dog eats it.

FILLABLE PDF — ADD YOUR DOG'S DETAILS AND YOUR VET'S NUMBER, THEN PRINT IT FOR THE FRIDGE.

DOG'S NAME

WEIGHT

MY VET'S PHONE

AT A GLANCE

SAFE

Plain, cooked where it applies, treat-sized

- **Carrots**, raw or cooked
- **Blueberries**, strawberries
- **Apple**, no core or seeds
- **Pear**, no core or seeds
- **Mango**, no pit or skin
- **Banana**, a small piece
- **Watermelon**, no seeds or rind
- **Plain pumpkin**, not pie filling
- **Cooked chicken or turkey**, boneless and plain
- **Plain rice**, cooked
- **Sweet potato**, cooked plain
- **Green beans, peas, cucumber**
- **Cooked egg**, plain
- **Peanut butter**, only if xylitol-free

CAUTION

A small plain amount at most

- **Cheese, milk & dairy**: many dogs are lactose-intolerant
- **Avocado**: the pit and the fat are the problem
- **Broccoli**: tiny amounts only
- **Bread**: empty calories; no raisins or xylitol
- **Popcorn**: plain only, no kernels
- **Nuts** (almonds, walnuts): fatty, choking size
- **Citrus**: peel and seeds upset stomachs
- **Ham & salty snacks**: salt and fat
- **Cooked bones**: they splinter
- **Raw meat, eggs & fish**: germs
- **Corn on the cob**: kernels fine, cob blocks guts
- **Cinnamon**: irritates in large amounts

NEVER

Keep out of reach; call if eaten

- **Chocolate** (dark and baking worst)
- **Xylitol / birch sugar** (sugar-free gum, some peanut butters)
- **Grapes, raisins & currants**
- **Onion, garlic, leeks & chives**
- **Macadamia nuts**
- **Alcohol & raw yeast dough**
- **Coffee, tea & caffeine**
- **Cherry, peach, plum & apricot pits**
- **Moldy food & compost**
- **Marijuana / THC edibles**
- **Green tomatoes & stems**
- **Tamarind · hops**

If your dog ate something on the Never list: call your vet or a 24/7 poison line now, with the food, the amount and your dog's weight. Don't wait for symptoms and don't make your dog vomit unless a vet tells you to. **ASPCA Animal Poison Control 888-426-4435 · Pet Poison Helpline 855-764-7661** (a consultation fee may apply).

FOODS MY DOG HAS TRIED

DATE	FOOD	AMOUNT	HOW IT WENT

THE FULL VERSION: [DOG SAFE FOOD LIST](#) · ON ETSY: [NEWDOGCO.ETSY.COM](#)

Sources: ASPCA Animal Poison Control Center; Pet Poison Helpline; Merck Veterinary Manual. Matches the free Dog Toxic-Foods Checker at [newdogco.com](#).