

# Veggies as Treats



Did you know that you can absolutely give your dogs veggies to enhance meals or use as food rewards for training? Let's take a look at appropriate options and health benefits of some.

Many veggies are rich in fiber, minerals, antioxidants, enzymes, and phyto-nutrients not found in meat. There are a variety of ways you can prepare and feed them. Many are suitable for chewing and make great substitutes for rawhides!



When in doubt about what and how much you can give, consult your vet or canine nutritionist

**CARROTS:** contain vitamin A, B6, K, bitotin, and potassium: low calorie snack that promotes overall health, reproductive health, bone and cell growth, and healthy eyes  
-soak in chicken broth and freeze for a tasty chew or just give on its own

**GREEN BEANS:** contain vitamins A, C, B6, iron, and calcium: supports metabolism, bone health, and wound healing

**SWEET POTATOS/YAMS:** contain vitamin A, B6, maganese, antioxidants, and fiber: great for supporting digestive health

**BROCCOLI:** contain vitamin C, K, and potassium: improve bone density, battle disease, and promote heart health  
-soak in chicken broth and freeze for a tasy chew or just give on its own

**CELERY:** contain vitamins A, C, and antioxidants: high water content for hydration, supports digestion, can redune inflammation

