

Fruits as Treats

TIPS:

- meant to be given in moderation due to sugar content
- some have higher sugar content than others
- remove choking hazards such as pits, seeds, stems, peels, and rinds



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



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

APPLES: high in vitamins A and C, potassium, fiber, and antioxidants: help to repair cell damage, reduce inflammation, and contribute to eye health
-do not feed core or seeds

BLUEBERRIES: high in vitamins C and K, fiber, and antioxidants: aide in brain health and reduce cognitive decline associated with aging

STRAWBERRIES: high in vitamin c, vitamin B9, and manganese: help to boost immune systems and support healthy skin and joints
-cut off tops

WATERMELON: 90% water and high in vitamins, high in vitamins A, C, B6, and also contain lycopene, potassium, and fiber: reduce inflammation, boost immune system, and promote healthy skin
-do not feed rinds or seeds

BANANA: high in Vitamin C and B6, contain potassium, fiber, and biotin: help to boost immune system and support nerve and muscle functions
-do not feed peel

