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10 Best Fruits and Vegetables for Dogs

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Fruits and vegetables for dogs can rev up important nutrients in their diet. Plus they make a tasty [dog treat](#)! Of course, certain fruits and vegetables will be better for your dog than others. Take a look at the ten best, and consider adding them to your dog's meal routine.

Best Fruits for Dogs

Here are some tasty and healthy fruits for dogs that are safe to feed to pups in small quantities. Always consult your veterinarian before adding a new treat to your dog's diet.



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1 Cantaloupe

Believe it or not, the same fruit salad staple that humans have come to know and love is just as good for dogs.

Cantaloupe for dogs will help with your canine's eyesight. Plus cantaloupes are loaded vitamin A and lots of beta carotene, which helps reduce the risk of cancer and prevents cell damage. It's also a good source of vitamins B-6 and C, fiber, folate, niacin and potassium. Just avoid feeding your dog the rind of the cantaloupe, as it can cause intestinal damage.

2 Apples

Besides the fact that it's super fun to watch a dog eat an apple, the powerful antioxidants and loads of vitamin C will do wonders for your dog's diet, as well. Make sure to remove all seeds from an apple before giving it to your dog. Apple seeds contain cyanide, and eating them over time can be hazardous. Treats made with real apple, like [Nutro Crunchy dog treats](#), give your dog the apple flavor without any of the mess.



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3 Blueberries

Blueberries for dogs have high levels of resveratrol with anti-cancer and heart disease fighting qualities. They make a great option for your dog's diet. As an added bonus, the tannins found in blueberries also help prevent urinary tract infections. [Blue Buffalo Blue Bits dog treats](#) are the perfect training tool, packed with antioxidants from blueberries and DHA to support cognitive development in young dogs.

4 Watermelon

If it's lycopene that you're looking to add to your dog's diet, watermelon is your best source. The health benefits don't stop there, though. Give your pooch a piece of this delicious summer treat and you'll be loading him with up with tons of healthy vitamin A, B-6 and C, as well as thiamin.

The seeds and rinds of watermelon should also be avoided, as they are too difficult for dogs to digest and can cause damage.

Best Vegetables for Dogs

Check out our list of vegetables for dogs that can add a boost of nutrition to their diet. Be sure to check with a veterinarian before giving your pet a new treat.



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1 Pumpkin

Pumpkin for dogs loads them up on fiber, vitamin A and anti-oxidants. There are plenty of pumpkin dog supplements, like [Nummy Tum-Tum organic supplement](#). This unique ingredient can help alleviate diarrhea and constipation. And it has been known to promote his overall cardiovascular health.

2 Green Beans

Getting your dog to eat his green beans will probably be easier than getting your kids to do the same. Green beans are good for dogs because of their omega-3 fatty acids and vitamins A, C, and K. They're also a good source of calcium, copper, fiber, folic acid, iron, niacin, manganese, potassium, riboflavin and thiamin, as well as beta carotene which is why many dog foods, including [Solid Gold Fit & Fabulous Chicken dog food](#), are made with green beans. Essentially, they're the superpower of vegetables for your pooch.



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3 Spinach

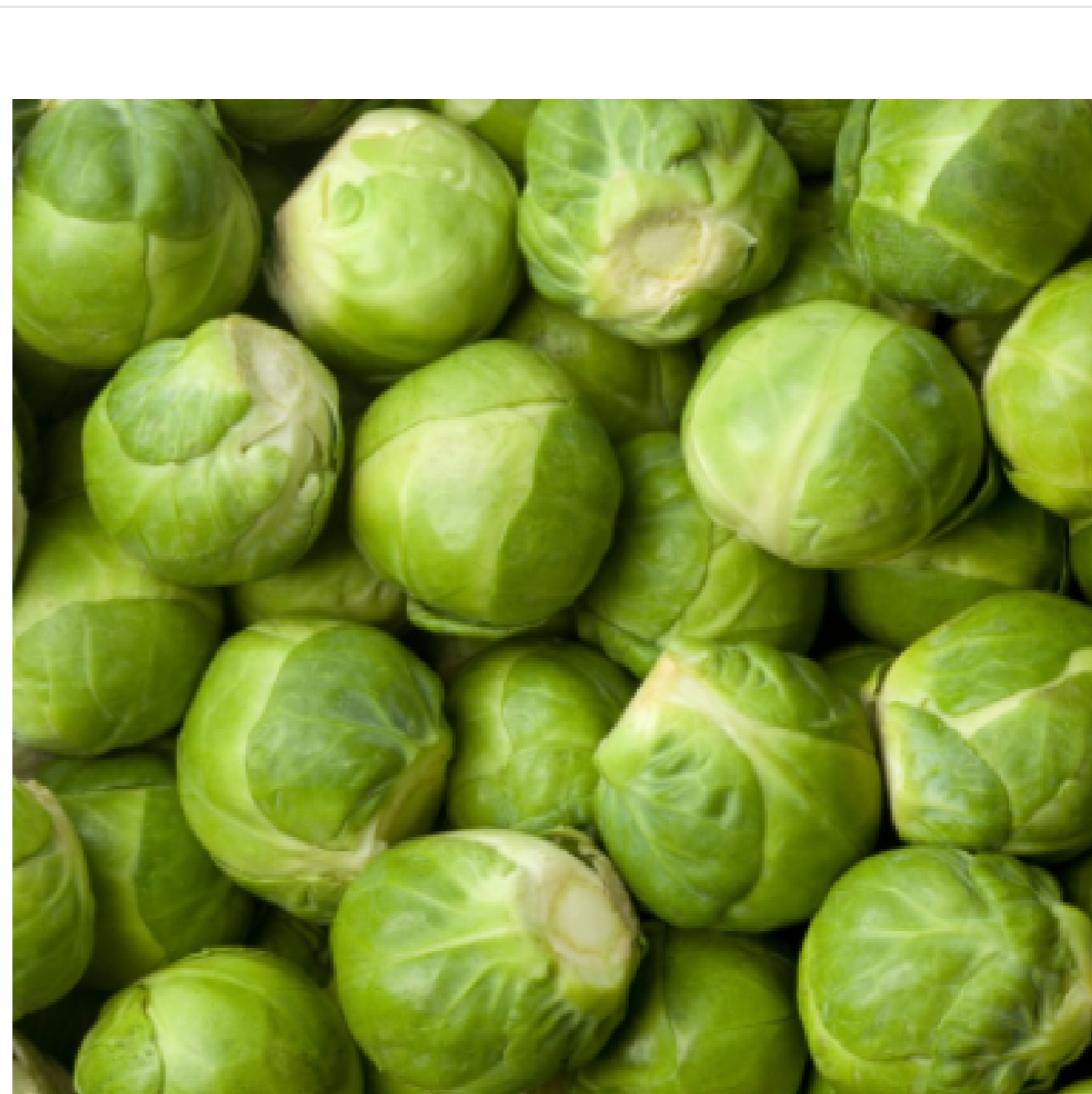
We certainly understand the value of spinach in our own diets, but luckily this green, leafy vegetable can be just as powerful for your dog. Although it's high in iron (with almost twice as much of it as most other sources), spinach is a particularly good source for your dog since it helps fend off inflammatory and cardiovascular issues, along with cancer. Dog dental chews that contain spinach, like [Zuke's Z-Bone dental dog treats](#), double the benefit!

4 Sweet Potatoes

A great source of vitamins E, A, B-6 and C, as well as calcium, iron, folate, potassium, copper, thiamine and iron, sweet potatoes for dogs are a wonderful (and super tasty!) addition. Many commercial dog foods like [Tylee's Beef Recipe dog food](#) contain sweet potatoes to deliver the benefits of a homemade meal for your dog without the tedious preparation.



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5 Asparagus

When cut into bite size pieces, asparagus for dogs is a healthy veggie option because of vitamin K, A, B1, B2, C and E, along with the folate, iron, copper, fiber, manganese and potassium that's found in them. [Zuke's SuperFood Blend dog treats](#) are made with antioxidant- and nutrient-rich ingredients, including asparagus, for a treat that tastes as good as it is for your dog.

6 Brussels Sprouts

Maybe if your dog sees your dog eating her brussels sprouts, she'll hop on board and eat them, too. And your dog should be eating brussels sprouts for their vitamins K and G, manganese, folate, fiber, potassium and vitamins A, B1 and B6.