



HEALTHY VS. HARMFUL

= FOOD =

A QUICK GUIDE ON WHAT TO GIVE THEM

Healthy

Apples (No seeds)	Eggs	Quinoa
Asparagus	Flax Oil	Raspberries
Bananas	Fish Oil	Rice
Beans	Honeydew	Salmon
Beef	Melon	Squash
Blackberries	Kiwi	Strawberries
Blueberries	Lamb	Sweet Potatoes
Broccoli	Leafy greens	Turkey
Brussel Sprouts	Mango	Venison
Cabbage	Nectarines	Watermelon (no seeds)
Cantaloupe	Oats	Yogurt (Plain only)
Carrots	Olive Oil	Zucchini
Celery	Papaya	
Cheese	Parsley	
Chicken	Pears	
Corn	Pineapple	
Cranberries	Pork	
Cucumber	Pumpkin	
	Potatoes (No peelings)	

Harmful

Alcohol	Mustard Seeds
Apple Seeds	Nutmeg
Baking Powder & Soda	Nuts
Beer	Onions
Caffeine	Potatoes (Peels & stems)
Candy	Raisins
Chives	Rhubarb
Chocolate	Salt
Coffee	Sugar
Fat Trimmings	Tea
Fruit Pits	Tomato
Garlic	Vitamins
Grapes	Xylitol
Hops	Yeast Dough
Ice Cream	
Leeks	
Milk	
Moldy Foods	
Mushrooms	



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