

The familiar human foods that dogs eat and cannot eat

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Dogs are extremely loyal animals and have always been associated with human life for thousands of years. Not only do dogs act as diligent bodyguards, they are also friends to help us feel less lonely. It is for these reasons, perhaps we always want to give the best possible care to our dog.

Many people think that giving dogs their food (which can be leftovers or cooking separately), or in other words, 'the owner eats what he eats,' is a way of showing affection and concern. to your 4-legged friend. That thought is not wrong, but it is not necessarily true.



There are nutritious foods for humans but not for dogs

The feeling you give to your dog in this case is something you don't need to talk about, but sometimes it's not good for animals, because simply not any kind of dog food can be eat, and even in many cases, make them life-threatening.

Here is a list of some of the common human foods that dogs can eat, as well as some dishes that you should never share with your 4-legged companion.

Remember that like humans, every dog has a different digestive system, so try feeding them in small quantities. If your dog reacts negatively to any of these, quickly take it to the nearest interesting facility and consult your veterinarian.

1. Unexpected benefits of plants and animals: Lighting, explosive detection, disaster prediction and many other great applications

Food suitable for dogs

1. Common foods of people that dogs can eat
 1. Peanut butter
 2. Yogurt
 3. Oat
 4. Chicken
 5. Salmon
 6. Broccoli
 7. Pumpkin
 8. Green bean
 9. Cheese
 10. Carrot
 11. Eggs (chicken eggs, duck eggs)
2. Common foods of people whose dogs cannot be eaten
 1. Chocolate
 2. Grapes (both fresh and dry)
 3. Onion
 4. Avocado
 5. Alcohol (alcoholic drinks)

Common foods of people that dogs can eat

Peanut butter



Not only nutritious for humans, peanut butter is also a favorite food for puppies

Peanut butter, also known as peanut butter, is a form of margarine made from the main ingredient of peanuts and sugar with a little oil and prepared by grinding or pureing. Peanut butter is a delicious, nutritious, and energetic food. Breaded peanut butter is the favorite breakfast of millions of people around the world, especially for busy people, who don't have time to cook breakfast, while still providing enough energy and nutrition. Nursing for a day of work and study.

Not only nutritious for humans, peanut butter is also a dish that your dog will surely never "blame". Just make sure that the peanut butter brand you buy does not contain xylitol in the ingredients and, of course, has a shelf life. This avocado contains a lot of protein, as well as unsaturated fat, which provides an essential part of the body's useful nutrients.

1. Foods high in cholesterol: What should be eaten? What type should be avoided?

Yogurt



Yogurt is a particularly good food for the digestive system

Yogurt is a dairy composition produced by fermented bacteria of milk. Yogurt is a delicious and extremely nutritious food that can be used daily. Yogurt has long been known as a good source of calcium, zinc and other beneficial gut bacteria. Yogurt contains a lot of minerals like calcium, vitamin C, vitamin D, zinc, lactic acid and probiotic.

With the above nutritional ingredients and benefits, yogurt is not only a nutritious food for humans, but also an ideal food for dogs, especially if your dog has problems. about digestion. However, make sure that the yogurt you feed your dog does not contain any sugar or artificial sweeteners.

1. Top 7 foods that help reduce blood cholesterol best

Oat



Oats are considered the best cereals in the world today

Oats are a cereal that is no stranger to dieters, or even bodybuilders because of the practical benefits to the health it brings. Oats are considered the best cereals in the world today. This type of food is especially rich in fiber, provides a good source of fiber, is very beneficial for dogs with intestinal problems, and is also a safe food if your dog suffers from allergic to wheat. Note, however, that you have to cook oats before you feed your 4-legged friend, but you should not add any sugar.

Chicken



Not only delicious, chicken also brings a lot of health benefits

There is no need to introduce much more about this type of food. Chicken is the most popular poultry food in the world, can be processed and used in many ways, and possesses extremely high nutritional content. The most prominent nutritional ingredient in chicken is protein, which contains an extremely diverse amount of amino acids.

Adding dishes from chicken to the daily menu will give you many health benefits, from muscle development to effective weight loss. Eating chicken can help give you strong teeth and bones. For dogs it is no exception. If your uncle has stunted, delayed growth, needs to add protein in the diet, then cooked chicken is the right choice while not too expensive like beef. Also chicken is a great alternative if you run out of dog food.

1. What effect does Vitamin A have? Which foods are Vitamin A?

Salmon



Salmon meat is a popular and extremely nutritious food

Salmon meat is a popular and extremely nutritious food. In salmon meat contains many different nutrients, but among them is the high content of protein, omega-3 fatty acids and vitamin D. Protein in salmon also helps to develop and restore muscle tissue and all cells in the body.

In general, salmon meat is a delicious food that you can consume regularly without fear of fat. Omega-3 fatty acids contained in salmon provide many health benefits. Therefore, put some cooked salmon in the food bowl to give your dog a sleek, healthier coat.

Salmon meat in Vietnam is not cheap, but if you have a lot of money and especially love your loyal friend, sometimes 'investing' a meal probably doesn't need to be 'freaked out'.

1. What should people eat when they have a lack of blood?

Broccoli



Broccoli contains many nutrients that can fight cancer

Broccoli, also known as broccoli, is a green vegetable grown popular in our country, especially in the winter in the North. Broccoli contains many different nutrients, including Vitamin A, Vitamin C, Vitamin K, and fiber. It also contains many anti-cancer nutrients such as Myrosinase, Sulforaphane, Di-indolyl methane and a small amount of selenium.

This vitamin-rich vegetable can serve as an excellent nutritional (irregular) food source for dogs. However, broccoli should not account for more than 10% of the dog's diet, as it can cause gastrointestinal irritation.

1. Top brain tonic foods to enhance memory should not be ignored

Pumpkin



Pumpkin is a nutritional supplement suitable for digestive dogs

Pumpkin (also known as pumpkin) is also a popular vegetable grown in our country. Pumpkin meat contains a variety of different vitamins and minerals, and is also considered a male medicine that plays an important role in treating many diseases. The pumpkin ranks first in the list of fruits with high nutrient content, including iron, khaki, phosphorus, water, vegetable protein, glucide, linoleic, linolenic fatty acids . and other Vitamin C, vitamins B1, B2, B5, B6, PP.

With these characteristics, pumpkin is a great supplement for your dog, especially when the animal is having digestive problems.

1. A low-sodium diet can help you deal with hypertension

Green beans



The green beans contain high and varied nutritional content

Add another extremely popular food in Vietnam. In mung bean, it contains 3 times higher nutritional content than rice, along with the necessary proteins and fats for the body, including: Fiber, protein, omega-3 fatty acids, vitamin E, vitamins of B, C, pre-vitamin K, folic acid and minerals such as Ca, Mg, K, Na, Zn, iron, flavonoid and carotenoids.

Nutritious and low in calories, green beans are a great source of vitamins and iron for your dog. Note, however, that only dogs can eat fresh or canned beans without salt. Some other issues you need to consider: Most beans and beans (including green beans) contain a protein called lechitin. Depending on the amount of absorption into the body, lechitin can cause nausea, vomiting and diarrhea, especially when it is not thoroughly resolved during cooking. However, green beans contain only 5% to 10% of lechitin content compared to red beans, so you can rest assured just a little.

1. Eating disorders can cause serious health problems

Cheese



Cheese is a great dish for not only dogs but almost all pet species

Cheese (also known as cheese) is a commonly used food worldwide. Like yogurt, cheese is a dairy product, delicious, nutritious and usable every day.

There are thousands of cheeses produced worldwide, but the common feature of these foods can be preserved for a long time and especially high in fat, protein, calcium, and phosphorus. With such a high nutritional content, cheese can be a good source of nutritional supplements for dogs. However, avoid having your dog eat cheese if it has problems digesting milk.

According to research by the American Breeding Club, cheese is a great dish for not only dogs but almost all pets, as long as your pet does not have problems with milk sugar tolerance. , also known as lactose allergy. This phenomenon is often seen in humans and very rare for dogs, but is not without exception. So, let your dog eat a small amount of cheese at the first time and observe it carefully.

1. Top 9 food to keep your body warm in winter

Carrot



Carrots are very beneficial in developing the teeth of dogs

Carrots are a kind of easy-to-grow roots, reasonably priced, but contain lots of healthy nutrients. According to the study, carrots contain a full range of essential nutrients for the body such as carbohydrates, sugar, fiber, fat, protein, vitamins A, B1, B2, B3, B6, C . the Calcium, iron, magnesium, phosphorus, potassium, sodium minerals.

The greatest benefit of carrots to the human body is its ability to stabilize blood pressure. For those who consume carrots regularly, blood pressure will always be stable and under control.

For dogs, carrots are very beneficial in tooth development. So, if your dog is in teething or changing teeth, add carrots to its diet.

1. Soak vegetables in salt water to eliminate harmful chemicals, mistakes need to change

Eggs (chicken eggs, duck eggs)



Eggs are a great source of protein for dogs

If you have to choose a delicious, nutritious, easy-to-cook food, and reasonable price, perhaps no choice is more appropriate than eggs. 1 egg has 2 main parts, it is white and yolk. In egg yolk mainly contains good fats for the body such as triglyceride 62.3%, phospholipid 32.8% and cholesterol 4.9% with a little aminolipid. While whites are very rich in protein with protein 12%, 10.6% lipids, 0.8% glucit and 10.9% minerals. For humans, in addition to providing nutrition, chicken eggs also help beautify and treat common diseases such as dysentery, stomach pain.

For dogs, eggs are an excellent source of protein. Eggs are high in protein, but they're also high in fat, so don't let your pets eat too many eggs in one meal or eat too often. In addition, the American Veterinary Medical Association warns against feeding your dog raw or undercooked eggs, as this will increase the risk of salmonella infection, a type of bacteria that can cause many types of diseases. Dangerous on dogs.

1. 14 harmless food but if overdose can cause death

Common foods of people whose dogs cannot be eaten

Chocolate



Chocolate can cause your dog to vomit, diarrhea, irregular heartbeat, convulsions and death.

Chocolate is probably the favorite dish of billions of people around the world. The taste of this food is also one of the most favorite flavors. Chocolate is a food that brings many health benefits to humans, and is a great source of energy for high-intensity physical activities.

However, chocolate is a 'contraindication' dish for dogs. The reason is that this food contains a large amount of caffeine-like stimulants called methylxanthines, which are not good for dogs. If eaten in large quantities, chocolate can cause your dog to vomit, diarrhea, irregular heartbeat, convulsions and even death.

Grapes (both fresh and dry)



Grapes can cause your dog to be poisoned

Grapes are a delicious and vitamin-rich fruit. For people, grapes work to beautify the skin and prevent aging. However, for dogs, grapes can be likened to a 'poison'. If you eat grapes, your dog will be poisoned with common symptoms like vomiting, diarrhea, large amounts that can cause kidney failure and death.

1. Foods rich in antioxidants may reduce the risk of type 2 diabetes

Onion



Although it is considered a "magic god" for humans, onion is a "poison" for dogs

Onions are an indispensable spice in many of our dishes. Onions are rich in Potassium, Selenium, Vitamin C and Quercetin. This food offers a lot of human health benefits such as antibacterial, anti-inflammatory, anti-aging, osteoporosis, hypertension, cancer and diabetes .

Although it is considered a "magic god" for humans, onion is a "poison" for dogs. Substances in onions can cause damage to dogs' red blood cells, making animals exhausted and fatal.

Avocado



Avocado contains persin that causes stomach irritation, vomiting, and diarrhea

Adding an extremely nutritious fruit to humans but not good for dogs, it is avocado. The avocado contains 5 essential nutrients, including carbohydrates, fats (3 types), proteins, vitamins (7 types), and minerals (6 types). However, this fruit also contains a poison with dogs called persin. Persin can cause stomach irritation and make your dog breathless, vomiting and diarrhea.

1. 5 types of food should be washed and 5 foods should not be washed before processing

Alcohol (alcoholic drinks)



Alcohol is a harmful food for both humans and dogs

This is the only food on this list that is harmful to both humans and dogs. Perhaps there is no need to talk more about the harmful effects of alcohol as well as alcoholic beverages on our bodies. For dogs, only a small amount of alcohol can cause acute poisoning for an adult dog, leading to symptoms such as vomiting, seizures and even death when exposed to large doses.

Above is a list of familiar human foods that dogs can eat and vice versa. Wish you always have memorable moments with your lovely 4-legged friend!

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