

SAFE FOOD LIST

Safe Fruits

Acai	Currants	Lychee	Pomegranate
Apple (seedless)	Dates	Mango	Raspberry
Apricot	Elderberries	Melon	Raspberry Leaves (helpful for diarrhea)
Banana	Figs	Nectarines	Starfruit
Blackberries	Gooseberries	Papaya	Strawberries
Blueberries	Grapes (seedless)	Passion fruit	Tomatoes (Ripe, No Leaves/Stem)
Boysenberries	Guava	Peach (no stone)	Watermelon
Cantaloupe	Honeydew melon	Pears	
Cherries (without pit)	Kiwi	Pineapple	
Cranberries	Kumquat	Plum (no pits)	

Safe Vegetables

Arugula	Broccoli	Cucumber	Jicama	Radicchio
Artichoke	Brussels sprouts	Dandelion	Kale	Soybeans
Asparagus	Cabbage	Dill	Lettuce	Snow Peas
Basil	Carrot	Edamame	Mushroom	Spinach
Beans	Cauliflower	Endive	Parsley	Squash
Beet	Celery	Fennel	Parsnip	Sweet Potato (Cooked)
Bell pepper	Collards	Ginger	Peas	Swiss Chard
Bok Choy	Corn	Green beans	Potato (Cooked)	Zucchini
			Pumpkin	

Safe Grains & Nuts

Almonds	Chia Seeds	Buckwheat	Pumpkin Seeds	Split Peas
Barley	Coconut	Bulgur Wheat	Quinoa	Sunflower Seeds
Black Eyed Peas	Couscous	Chickpeas	Rice, cooked and dry	Walnuts
Buckwheat	Almonds	Chia Seeds	Rye Flakes	Wheat Germ
Bulgur Wheat	Barley	Coconut	Sesame Seeds	
Chickpeas	Black Eyed Peas	Couscous		

Safe Protein

Cooked Plain
Chicken/Turkey/Beef
Cheese
Cottage Cheese
Crickets
Eggs
Grasshoppers
Meal worms
Salmon
Tofu

Safe Treats

Baby Food
Gerber Puffs
Grandma Lucy Dog Cookies
Milk bones
Buddy biscuits
Rice or oatmeal baby cereal
Plain cereals
Freeze dried chicken dog treats
Whimzees

Unsafe Food

Chili peppers
Cilantro
Deli meats
Eggplant
Uncooked Beans
Raw Potato
Spam or other canned meats
Rhubarb Leaves

