

Puppy Safe Foods

Fruits

- Apples
- Blueberries
- Raspberries
- Cantaloupe
- Mango
- Bananas
- Oranges
- Watermelon
- Avocados

Veggies

- Broccoli
- Red cabbage
- Brussels sprouts
- Carrots
- Green beans
- Fresh peas
- Parsnips
- Spinach
- Fennel
- Celery
- Sweet Potato

Fruits and veggies should ideally be fed at no more than 10% of the diet.

Herbs and Spices

- Parsley
- Basil
- Tarragon
- Oregano
- Mint
- Ginger
- Turmeric
- Cilantro
- Cumin
- Thyme
- Ceylon Cinnamon

Herbs and Spices should ideally be fed at no more than 5% of the diet.

Meat and Fish

- Lamb
- Beef
- Turkey
- Duck
- Venison
- Buffalo
- Pollack
- Sea Bass
- Trout
- Sardines
- Whitebait

Meat and Fish should ideally be 70% of the diet.

Organ Meats Offal

- Liver
- Kidney
- Brain
- Spleen

Offal should ideally be fed at 5% to 10% of the diet.

Other Organ Meats

- Heart
- Tripe
- Trachea
- Gizzards

Feed in small amounts.

Healthy Fats

- Moringa Oil
- Walnut Oil
- Olive Oil
- Flaxseed Oil

Other Foods

- Shiitake Mushroom
- Portobello Mushroom
- Garlic
- Bone Broth
- Duck Egg
- Quail Egg



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