



Fall Fruits and Veggies that are Safe for Pets

by VetDepot (10/1/14)

From pumpkin patch visits to apple picking, so many autumn activities involve the season's produce. As we savor the tastes of fall, don't hesitate to share the experience with your pets! Below are a few fall fruits and veggies that are safe for your four-legged companion:

1. Apples: **As long as you remove the core and the seeds**, a few slices of apple makes a crunchy, appetizing snack for dogs. This a great low-calorie treat replacement if you're watching your dog's weight.
2. Acorn Squash: Both dogs and cats can enjoy a small serving of cooked acorn squash. It's packed with fiber and beta-carotene.
3. Pumpkin: Fresh, cooked pumpkin or canned natural pumpkin (not pie filling!) can have many benefits for both dogs and cats. Since pumpkin is so high in fiber, a tablespoon or two can help with constipation and other minor digestive health issues. Pumpkin is also a great source of vitamin A, iron, and potassium.

Remember, the pure form of these foods may be safe for pets, but keep the sweet treats (apple pies, pumpkin bread, etc.) safely out of reach from dogs and cats.

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