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What are some fruit and veggies that dogs can eat

1 / 10A slice of juicy watermelon is a telltale sign that summer is here. But this wobbly oversized fruit is notorious for being hard to slice. Thanks to Interesthing Home, there’s a fix for that: the watermelon slicer. With curved stainless steel blades and an extra-strong scraper, this tool helps lift fruit from the rind in picture-perfect slices.Check out 15 more quirky kitchen gadgets here.Purchase here. 2 / 10via amazon.comDe-leafing your greens doesn’t have to be a chore. With this handheld tool (\$8), you can just place the stem into the hole, then pull it through to effortlessly remove the leaves from the stalk.Purchase here. 5 / 10via amazon.comOne of the simple pleasures of summer is digging into a dessert made with fresh, juicy strawberries. Avoid the hassle of trying to cut the core out of each berry with a knife (no thank you!) by using this huller (\$8) instead, which has a claw that easily removes the center and stem of your fruit.Purchase here. 6 / 10via amazon.comWhoever invented these goggles (\$20) deserves an award. They’ve solved any chef’s number one pet peeve: crying while cutting onions. This effective eyewear works by blocking the fumes that irritate your eyes so you can slice, dice, chop and mince without any tears.Purchase here. 7 / 10via amazon.comPeel, core, slice... this convenient contraption (\$12), with its reinforced blade and non-slip grip handle, does it all. AKA you can have perfect rings of pineapple in seconds.Purchase here. 10 / 10via amazon.comTo be honest, we’d eat a lot more mango if it was easier to cut. Now it is, thanks to this three-in-one slicer, splitter and corer (\$14). Simply position it over the fruit, press down and voila! Purchase here.Note: Every product is independently selected by our editors. If you buy something through our links, we may earn an affiliate commission. Originally Published: June 13, 2019Originally Published on Taste of Home Staying Healthy Image: © Lilechka75/Thinkstock If you’re like most Americans, you aren’t eating enough fruits and vegetables, according to the CDC. A study published in the CDC’s Nov. 17, 2017, Morbidity and Mortality Weekly Report shows only about one in 10 adults meets federal recommendations, which call for most women to eat 1.5 cups of fruit and between 2 and 2.5 cups of vegetables each day. "In 2015, just 9% of adults met the intake recommendations for vegetables, ranging from 6% in West Virginia to 12% in Alaska. Only 12% of adults met the recommendations for fruit, ranging from 7% in West Virginia to 16% in Washington, D.C.," reported the CDC. Not eating enough of these foods can harm your health, putting you at higher risk for diabetes and heart disease and even certain cancers, not to mention leaving you at risk for nutritional deficiencies. If you think you might be falling short in this department, it’s time to make an effort to incorporate more fruits and veggies into your diet. The CDC offers some simple tips in "The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables," available free at /fandv. As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date of last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. While those results are a sign that kids at least get some plant-based nutrients in their diet, the study didn’t assess how many servings of each kids received (children should get at least a cup of each per day, and a variety), and also didn’t differentiate highly between veggies. (Meaning that it’s likely that at least some of that veggie consumption came in the form of the kid favorite, French fries.) The study also found that younger kids (between ages 2 and 5) often ate more fruit than teens (only 6 of 10 teens ate fruit, compared to 90 percent of preschoolers). The numbers were closer for veggies (is it the fry factor?): 93 percent of kids ages 2 to 11 ate veggies, while 90 percent of teens did. While more study needs to be done to determine if kids are reaching their recommended daily intake of fruits and veggies, doctors recommend upping kids’ portions by making all snacks fruits and veggies, and including produce at every meal. Tell us: How do you do at giving you and your child the recommended daily allowances of fruits and veggies? Find out if you’re feeding your toddler right with our quiz. Image: girl with oranges by gorillaimages/Shutterstock.com From our homes to our daily routines, we share a lot with our dogs, including the food on our plates. But while we know that many human foods - like chocolate and onions - aren’t good for dogs, what about healthier options, like fruit? Feeding your dog fruit is a fun way to bond with your pup and give them an occasional tasty, antioxidant-rich snack. Just keep in mind that fruit shouldn’t be used as a replacement for pet weight loss food or as a way to balance their diet. What Fruit Can Dogs Eat? Here’s what you should know about fruits your dog can safely eat, and what to avoid. Can My Dog Eat Apples? Yes, but with caution and proper preparation. Apples are an especially good treat for overweight or senior dogs, as they are high in fiber and low in fat. They also contain vitamins A and C. However, before giving an apple to your dog, make sure to remove the seeds, which contain trace amounts of toxic cyanide, as well as the core, which can cause irritation if eaten. Can My Dog Eat Avocado? No. Avocados contain a toxin called persin, which can cause death in some animals, including birds. It’s mostly concentrated in the leaves, stem, skin and pit of avocados, but there are small amounts in the flesh, too. While dogs are more resistant to persin than other animals, persin can be found in all parts of the avocado and it’s better not to risk it. Additionally, avocado pits could get stuck in your dog’s gastrointestinal (GI) tract and cause a blockage. Can My Dog Eat Bananas? Yes. The potassium in bananas is good for your dog’s muscles and heart, plus the fruit can be used as a makeshift pill pocket for pups who need to take medication. Bananas are high in carbohydrates and sugar, so you should only give them to your dog as an occasional treat. Can My Dog Eat Blueberries? Yes. Blueberries pack quite a punch for a bite-sized fruit. Filled with antioxidants, fiber and vitamin C, these berries are nutrient-rich and delicious, too. Try freezing berries for a cool treat on a hot summer day. Be careful feeding blueberries to smaller dogs, however, as they can be a choking hazard. Can My Dog Eat Cantaloupe? Yes. Cantaloupe contains many vitamins and minerals, including vitamins A, B and C. Just be sure to remove the skin and seeds before treating your pet. Can My Dog Eat Cherries? No. Cherry pits and stems contain cyanide and are a choking hazard. They can also cause bowel obstruction, making cherries potentially very dangerous for dogs. While the fruit itself is technically safe, it’s not worth the risk. Yes. Cucumbers are mostly water, making them a low-calorie, crunchy treat. Can My Dog Eat Mango? Yes, but with caution. Mangoes are a great source of fiber, vitamins A and C, folate, B6, iron and a small amount of calcium, zinc and vitamin E. Make sure to peel the skin (which can be difficult to digest) and remove the seed, which can be a choking hazard. Can My Dog Eat Oranges? Yes, but with caution. The seeds, peel, stem and leaves of oranges contain an oil that is toxic to dogs. Oranges also contain citric acid, which can cause GI issues if fed too quickly. Can My Dog Eat Peaches? Yes, but with caution. As with many pitted fruits, the stem, leaves and peach pit contain cyanide. The pit is also a choking hazard, so only feed your pet the peach flesh. Can My Dog Eat Pears? Yes, but with caution. Pears contain fiber and vitamins C and A, but always remove the seeds first, as they contain traces of cyanide. Can My Dog Eat Pineapple? Yes. Pineapples are filled with a variety of vitamins and minerals, making them a wonderful treat for your dog. But they are also sugary, so only give it in moderation. Make sure to remove the spiky skin and hard core beforehand. Can My Dog Eat Strawberries? Yes. Just as good frozen as they are fresh, strawberries are a great treat for humans and dogs alike. Cut off the stem, as you would for yourself, before feeding to your pup. Can My Dog Eat Watermelon? Yes. Watermelon is a great source of hydration, and the seeds aren’t toxic. However, you should remove the seeds and rind before giving it to your pup to help avoid GI tract irritation. As with any new food, be sure to limit the amount of fruit you give your dog in one sitting to avoid upsetting their stomach.

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