HEALTHY VS. HARMFUL Pog Food A Quick Guide on What to Give Them



Healthy

	Acai berries	Leafy greens
	Alfalfa	Mango
	Apples (no seeds!)	Nectarines
	Asparagus	0ats
	Bananas	Olive oil
	Barley	Organ meat (liver, gizzard, heart)
	Beans	
	Beef	Papaya
	Blackberries	Parsley
	Blueberries	Peanut butter (salt/sugar-free)
	Bran (cereal, wheat)	Pears
7	Bread (whole grain)	Peas
	Broccoli	Pheasant
	Broth (chicken, beef)	Pineapple
	Brussel sprouts	Pork
	Buffalo	and a second control of the second control o
	Cabbage	Potato (not peelings!)
	Cantaloupe	Pumpkin
	Carrots	Quinoa
	Celery	Rabbit
	Cheese	Raspherries
	Chicken	Rice
	Cinnamon	Sardines
	Coconut (oil, meat &	Salmon
	water)	Sprouts
	Corn	Squash
	Cranberries	Strawberries
	Cucumber	Sweet potatoes
	Eggs	Turkey
	Flax oil	Venison
	Fish oil	Watermelon (no seeds!)
	Honeydew melon	Yams
	Kiwi	Yogurt (plain)
	Lamb	Zucchini

	Harmiu	
	Alcohol	
4	Apple seeds	
	Baking powder & soda	
	Beer	
	Caffeine	1000
	Candy	1
1	Chives	
-	Chocolate (esp. dark)	
()	Coffee	R
- washing and	Fat Trimmings	
	Fruit Pits	
w	Garlic	
	Grapes	/
	Hops	2020
.0	Ice Cream	3
	Leeks	
	Medicine for Humans	
#900AD	Milk	
A	Moldy Foods	.6
	Mushrooms	
	Mustard seeds	
	Nutmeg	
	Nuts (esp. Macadamia)	
, IIII	Onions	
	Potato (leaves, peelings, &	
	stems)	
	Raisins	- 600.
E 1	Rhubarb	SOR
	Salt	
	Sugar	
	Tea	- 4
	Tomato (leaves & stems)	_ 💹
	Vitamins for Humans (esp.	
	Xylitol (in gum)	
	Yeast dough	-
	towar dough	