

Info shared by Pitbull SA.

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Zello.com "VoIP" – ask for info.

Vegetables that are safe.

Asparagus

Anise

Broccoli

Broccoli sprouts

Brussels sprouts

Cabbage

Cauliflower

Celery

Clover sprouts

Chicory

Cucumber

Kelp

Chlorella

Marine Phytoplankton

Spirulina

Leafy greens - beet greens, green or red leaf lettuce, frizzy lettuce, kale, radicchio, romaine, spinach, cilantro, dandelion, parsley

Tomatoes

Squash - various types, summer and winter squash.

Sweet Peppers - green, yellow, orange and red, purple, etc.

Mushrooms - Chaga, Maitake, Shiitake, Reishi and several others.

Please note! >> Many other types of mushrooms are toxic to dogs, just as they are to people.

Pumpkin

Okra

Zucchini

Roots vegetables

Beets

Carrots

Parsnips

Potatoes

Rutabaga

Turnip

Sweet Potatoes

Yams

Optimizing the absorption of nutrients.

Dogs have a shorter intestine than humans, this means that food moves through the dog's GI tract faster than it moves through a humans GI Tract;

To ensure that your dog's digestive system has the opportunity to absorb the maximum amount of nutrients **from vegetables** it is important (especially with vegetables which have a tougher cell wall structure) to help the dog's GI tract by breaking down the vegetable's cell-walls before you feed it to your dog;

You can breakdown the cell walls by choosing one of the following method's...

1. Finely chop fruit and vegetables - either by hand or with a food processor;
2. Lightly steam vegetables, or
3. Freeze the vegetables or fruit first, thaw and then give them to your dog;

Make a smoothie as per the example just below.

By choosing one of these four methods to breakdown the food's cell wall you:

Perform the first stage of digestion, so your dog's GI tract has the opportunity to absorb nutrients properly, and;

You greatly reduce the chance of your dog choking on a hard piece of vegetable.

You can make a large batch to last about 20 days - package and freeze the puree into daily portions.

Most vegetables has a stronger cell wall than fruits;

Harder vegetables are best if chopped finely;

If you are giving your dog frozen veggies:

You should chop the veggies up to avoid a choking hazard;

Then toss the mixture into the food processor and blend the 3 or 4 items together.