




 FREE BONUS GIFT

THE HAPPY DOG GUT BLUEPRINT

Safe Foods & *Toxic Foods* Cheat Sheet

The one-page reference that tells you exactly what heals your dog's gut and what quietly harms it, including the everyday foods most owners never suspect. **Print it. Stick it on the fridge.**

-  The green list of gut-healing foods
-  The red list of foods to avoid
-  Hidden troublemakers exposed



The Happy Dog Gut Blueprint
Bonus Companion Guide

VALUE
\$19

Know At A Glance What *Heals Or Harms*

Keep this beside you at mealtimes. The green side rebuilds a healthy gut. The red side feeds inflammation or is outright unsafe. **When in doubt, leave it out.**



Gut-Healing Foods

FEED THESE FREELY, IN MODERATION



Plain pumpkin

Fiber that firms stools and feeds good bacteria



Bone broth

Collagen that soothes and seals the gut lining



Plain kefir & yogurt

Live probiotics, unsweetened only



Lean cooked turkey & chicken

Gentle, easy-to-digest protein



Sweet potato & carrots

Prebiotic fiber and gentle vitamins



Blueberries

Antioxidants that calm inflammation



Plain cooked white rice

Settles an upset stomach



Green beans

Low-calorie fiber, great as a topper



Foods To Avoid

SKIP THESE, SOME ARE DANGEROUS



Onion & garlic

Toxic to dogs, damages red blood cells



Grapes & raisins

Can cause sudden kidney failure



Chocolate & caffeine

Stimulants that are highly toxic



Xylitol sweetener

Found in gum and peanut butter, deadly



Fatty & fried scraps

Triggers inflammation and pancreatitis



Cooked bones

Splinter and cause internal damage



Sugary & processed treats

Feed bad bacteria and yeast



Dairy milk & cheese

Hard to digest, common gut irritant



The Hidden Foods *Quietly Hurting* Your Dog

These look harmless, even healthy. But they are some of the most common reasons a gut never fully heals. **Most owners have no idea.**



"Grain-Free" Kibble

Often swaps grains for peas, lentils, and potato starch that **still spike inflammation** and have been linked to other health concerns. Grain-free does not mean gut-friendly.



Store-Bought "Dental" Chews

Many are loaded with **wheat gluten, sugar, and artificial binders** that disrupt the microbiome with every chew. Read the label, the first ingredients tell the truth.



Flavored Peanut Butter

A classic treat, but some brands contain **xylitol, which is deadly to dogs**. Always check the label and choose plain, unsweetened, xylitol-free only.



Table Scraps & Leftovers

Even "a little bite" of seasoned, salted, or fatty human food **derails gut healing** and hides ingredients like onion and garlic powder that are toxic to dogs.

Read This Before You Shop

If your dog eats something from the red list, or you are ever unsure, contact your vet or a pet poison helpline right away. This sheet is a guide for everyday feeding, not a substitute for professional care in an emergency.

Your *Quick-Glance* Card

Cut along the dotted line and keep it where you feed your dog. The fastest yes-or-no at mealtimes.

Happy Gut Food Guide

The Happy Dog Gut Blueprint

✓ YES PLEASE

- Pumpkin
- Bone broth
- Plain kefir
- Lean turkey / chicken
- Sweet potato
- Blueberries
- Green beans

✗ NEVER

- Onion & garlic
- Grapes & raisins
- Chocolate
- Xylitol sweetener
- Cooked bones
- Fatty / fried scraps
- Sugary treats

🐾 **When in doubt, leave it out**