

## Can dogs eat peanut butter?"

March 1 is National Peanut Butter Lovers Day. It's a great time to educate your clients about this popular treat for dogs. It's one of the most frequent questions asked by pet owners. Many dog owners are confused; their dogs love the stuff, but it's not clear if feeding peanut butter to our canine pals is safe or healthy.

Below are 10 facts about dogs and peanut butter:

**1. Yes. Dogs can eat peanut butter.** It is generally safe, and it's even a good source of protein, vitamins and healthy fats. But stick to all-natural peanut butter without added salt or sugar. It's healthier. (That's true for you, too, not just your dog.)

**2. Do not serve with a spoon.**

Be careful about how you feed peanut butter to your dog. Using a spoon may not be a good idea. An overly excited (large) dog can accidentally gulp the spoon with the peanut butter

**3. What kind of peanut butter can I give my dog?**

Your dog probably isn't as picky; it's mostly a personal preference but be cautious with chunky peanut butter with small dogs or puppies, they can choke.

**4. Peanut allergies in dogs**

Just like with humans, a few dogs may have peanut allergies, but it's rare. Some allergies can even develop over time in dogs that once were able to eat peanut butter or other peanut products without issue. If your dog appears to have a bad reaction to eating peanuts at any time, contact your veterinarian immediately.

**5. Peanut detecting dogs for humans.**

Some dogs are specially trained to help protect human children with this dangerous food allergy. Dogs are known to use their heightened sense of smell to detect all kinds of medical emergencies, like low blood sugar in diabetics and even cancer. Peanut-sniffing service dogs can detect even the slightest presence of peanuts, thus alerting someone with a life-threatening allergy.

**6. Useful for giving medication**

Peanut butter can be a good alternative to use to help dogs swallow their medication. Hide it in a glob of delicious peanut butter and they don't know the difference.

**7. Activities and Boredom Issues**

Using toys designed to keep dogs occupied and to relive boredom are great filled with peanut butter. Use items such a Kong brand or similar toy s; they are ideal for stuffing peanut butter inside and keep them occupied for hours.



## Can dogs eat peanut butter?" continued....

### 8. A great training treat and tool

When training using small drops of peanut butter are a low-cost alternative.

### 9. New Babies and Dogs and Peanut Butter

introducing new baby into a household with a dog? Using peanut butter can make the transition easier by putting a little bit of peanut butter on the Childs finger and letting the dog sniff it first, according to PetMD. "This will give the dog the idea that whenever this smelly kid is around, I get lots of good stuff," says Stephanie LaFarge, PhD, director of counseling with the ASPCA. At the same time, the infant will grow accustomed at an early age to receiving affection from the dog. ([PetMD](#))

### 10. Make your own peanut butter dog treats.

Make your own treats for your dog; here is a recipe courtesy of Paula Deen.

#### [Bodeen's Peanut Butter Dog Biscuits](#)

#### Ingredients

3/4 cup nonfat milk  
1 egg  
1 cup peanut butter, smooth  
2 1/4 to 2 1/2 cups whole wheat flour  
1 tablespoon baking powder

#### Directions

Preheat - 325 degrees

In a large mixing bowl, whisk together the milk, egg and peanut butter. Add in the flour and baking powder to make very stiff dough, using your hands to work in the last of the flour if necessary. (Paula's note: As a general rule, most homemade dog biscuits do well with 1 part liquid to 3 parts dry. You can customize the recipe by adding and subtracting ingredients your dog likes.)

Flour a work surface and roll out dough to a 1/4-inch thickness. Cut into desired sizes depending on the size of your dog. Bake on a parchment lined baking tray for approximately 20 minutes. Turn biscuits over and bake for an additional 15 minutes. Remove from oven and allow to cool completely before storing in an airtight container. Bodine's Dog Biscuits can also be stored in the freezer for up to 3 months.



