

## Giving your dog apples

Apples are wonderful crunchy treats for your dog. Apples with the skin on are full of plant chemicals (phytonutrients) that are thought to be protective against some types of cancer in humans. They are a source of vitamins A and C and fibre. Apple seeds, however, contain cyanide so your dog should not be allowed to eat the core. Though the effects of a few apple seeds will likely not harm your dog, the deleterious effects can accumulate over time if allowed to eat apple seeds regularly.

Reference: <http://www.moderndogmagazine.com/articles/10-people-foods-dogs/1896>