

# Can Dogs Eat Eggs?



Categories:

Tips

Yes, they can. For us humans, eggs are an exceptional source of protein, essential amino acids, minerals and vitamins – the same goes for dogs.



Let's be real, "human" food always looks pretty appetising to dogs. They're always sniffing out whatever it is you're eating. But when it comes to the health benefits of eggs, their doggy senses are 100% correct.

Eggs can be a delicious, healthy addition to your dog's diet as well as your own. Essentially the entire egg (including the eggshell) can offer amazing nutritional benefits for our four-legged friends.

Remember, eggs are readily available, easily digestible and a complete food source – not to mention quick to prepare and inexpensive!

But how do you serve them up to your dog? Well, for starters, on a plate of course.

## How To Feed Eggs To Your Dog

Eggs should be always be cooked before given to your dog. Cook or boil the eggs plain without oil, butter, salt, or any other additives.

We suggest making scrambled eggs, as it's much easier for your dog to digest and can provide quick access to the protein dogs need for maintaining lean muscle and energy. But again, keep them plain.

## Are Eggs Good For Dogs?

Eggs are not only a perfectly safe food source for dogs – they offer much in the way of nutritional benefits. Aside from being rich in protein,

eggs are also a great source of linoleic acid, Vitamin B2 and B12 and water-soluble Vitamin A – all of which are wonderful for your dog's skin and coat.

## Can I Feed My Dog Raw Eggs?

No. We do not recommend feeding raw or undercooked eggs to your dog. The safest way to serve eggs to dogs is to ensure they are always cooked. Stick with boiled, scrambled or fried eggs.

Just like humans, dogs share the same potential risks in contracting Salmonella if consuming raw or undercooked foods.



## How Many Eggs Can A Dog Eat?

It's widely recommended that most dogs should not be given more than one full egg per day. Eggs should never be the sole source of protein for your dog, much like dog food contains other much-needed nutrients for a healthy, balanced diet. Think of them more like a treat.

To determine exactly how many eggs you can feed your dog, it's best to consult with your local veterinarian. A safe serving size of eggs for your dog will depend on a variety of factors, including:

- Age
- Size
- Breed
- Activity level
- Existing medical conditions

## Are Egg Shells Good For Dogs?

Yes, they are. In fact, a boiled egg is a great meal for a dog. Shell included. However, always be sure to break the egg up a little first to ensure it's not a choking hazard.

Egg shells are actually filled with calcium so they can be a great source of additional nutrients for your dog. Plus, the shells are also great for dogs who have difficulty chewing bones. For safety though, always ensure the shells have been cooked/boiled first, as raw eggshells can still pose a salmonella risk.

Once boiled, simply grind up the shells up and sprinkle, or stir them through your dog's food.