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How to Get Your New Dog the Vitamins and Minerals They Need



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We humans are obsessed with the latest superfoods — and rightfully so. Some of those snacks pack a major punch, and in a world of preservatives and confusing marketing, there's no harm in wanting to stick to the classics. But what are the vitamin and mineral equivalents of turmeric for dogs? Because we for sure want to be feeding them to our pups.

“Functional superfoods [have] the most beneficial effects on health,” Dr. W. Jean Dodds says. “They reduce chronic inflammation and promote healing; are powerfully antioxidant, antimicrobial and antitumor; and are even believed to delay aging.” Serving your dog the vitamins and minerals in these essential canine functional superfoods will help your dog fight disease, boost energy, and maintain good health [and weight](#) in general.

So, what vitamins do dogs need every day and what foods do they come from? For some pet parents, feeding dogs commercial food makes the most sense; it is not only convenient, but — if they select high-quality food made by companies with proven records of ingredient integrity — it provides their dogs with a generally wholesome diet. But there are several ways to incorporate the vitamins your dog needs into their diet.

Below are vitamins and minerals your pup needs, plus how you can add them to your dog's diet with superfoods.

# **Vitamins**

## **Vitamin A**

Carrots, spinach, liver, pumpkin, sweet potatoes, fish oil, eggs, and turnip greens.

## **Vitamin D**

Marine fish oil, fatty fish, egg yolks, dairy products, liver, beef, and cottage cheese.

## **Vitamin E**

Plant oils, leafy green vegetables, seeds, wheat germ, bran, whole grains, and liver.

## **Vitamin K**

Liver, leafy green vegetables, milk, cabbage, and fish.

## **Vitamin C**

Fruits, vegetables, and organ meats.

## **Vitamin B**

Whole grains, nutritional or brewers yeast, liver, beans, green vegetables, spirulina, nuts, and dairy products.

# **Macrominerals**

## **Calcium**

Milk, yogurt, tofu, sardines with bones, raw bones, bok choy, green beans, broccoli, and cauliflower.

## **Phosphorous**

All animal tissues, eggs, fish, and milk.

## **Magnesium**

Spinach, broccoli, green beans, tofu, tomato juice, beans, whole grains, and seafood.

## **Potassium, sodium and chloride**

Fruits, vegetables, milk, and grain.

# **Microminerals**

## **Zinc**

Spinach, broccoli, yogurt, beef, poultry, whole grains, and vegetables.

## **Sulfur**

All protein foods (meats, fish, poultry, eggs, legumes, and milk).

## **Iron**

Red meats, fish, poultry, shellfish, eggs, and legumes.

## **Iodine**

Iodized salt, seafood, dairy products, and kelp.

## **Selenium**

Seafood, meat, whole grains, brown rice, and vegetables.

## **Copper**

Seafood, nuts, whole grains, seeds, and legumes.

## **Manganese**

Nuts, whole grains, and leafy vegetables.

## **Chromium**

Lean meat, vegetable oils, and brewers yeast.

## **Cobalt**

Liver, kidney, fruit, and vegetables.

## **Fluorine**

Water.

## **Molybdenum**

Legumes, cereals, and organ meats.

## **Silicon**

Cereals, vegetables, beans, and peas.

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