

Vegetable Nutrition Data

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Note: Phosphorus values are used to prioritize list ranking, so the vegetable with the **least phosphorus content** is at the top of the list. This should make it easier to choose the most suitable vegetables to include in homemade diets for kidney failure dogs. The values given are **per 100grams** of fresh, peeled and cooked (boiled) from raw (not frozen or canned), unless otherwise stated. Peeling, boiling and soaking after cooking helps reduce the phosphorus content of most vegetables.

The top ranking vegetables are not necessarily the best for a dog with kidney disease because, despite phosphorus being lower, other adverse elements such as sodium and potassium may be higher than other preferable options. Vegetables that are a proven health-hazard to dogs have not been included in this list. These include onions, garlic, rhubarb, unripe tomatoes and excessive amounts of avocado flesh. Broad beans, fava beans and red kidney beans can cause digestive problems and therefore have also not been included.

The best vegetables tend to be those low in phosphorus and sodium and higher in carbohydrates. Omega-3 and Omega-6 need to be balanced to the best 1:3 ratio in the daily diet, so more or less of either needs careful overall consideration. Bear in mind that while Omega-6 fatty acids can be stored in the canine body, Omega-3 (which is beneficial to kidney failure dogs) cannot and therefore has to be obtained from within the diet. Some canine nutritionists suggest more Omega-3 and less Omega-6 is beneficial. Magnesium, potassium, calcium and some vitamins also play a role in kidney failure and their emphasis for more or less within the diet will depend on current blood level results.

Selenium is an antioxidant mineral dogs need, but it is also a toxic substance and presents a moderate danger to kidney failure dogs, who cannot metabolize it properly. The US National Research Council recommends 37 mcg selenium daily for 10-pound dogs and up to 207 mcg daily for dogs weighing 100 pounds. Dietary intake for a healthy dog should not exceed 900mcg for every 450 grams of food eaten. Selenium is represented in the chart as "Selinm" and measured in mcg. There are 1,000mcg in 1mg.

A separate list for calorie content is given at the end of this document, which is useful if you are looking to add weight to an already under-weight dog.

Although these are plant-based protein sources, they still play a vital role in canine health and vitality. The protein needs to be high quality to be beneficial to kidney failure dogs, so the best are those that have been organically produced with no growth additives, pesticides or insecticides used in either the growing or processing stages. Dogs do not gain as much benefit from vegetables as humans, so I suggest dog owners use them cautiously and aim for a canine appropriate balanced diet.

<u>Vegetable</u>	<u>Phos</u>	<u>Potassium</u>	<u>Sodium</u>	<u>Calcium</u>	<u>Vitamins (top4)</u>	<u>Iron</u>	<u>Omega-3</u>	<u>Omega-6</u>	<u>Protein</u>	<u>Carbs</u>	<u>Magnesium</u>	<u>Satd Fats</u>	<u>Selinm</u>
Eggplant/Aubergine	15mg	123mg	1mg	6mg	K, B6, E & C	0.3mg	15mg	78mg	0.8g	8.7g	11mg	Nil	0.1mcg
Spinach	18mg	285mg	14mg	158mg	A, C & B6	0.8mg	92mg	17mg	1.5g	3g	7mg	Nil	1.5mcg
Sweet Green Pepper	18mg	166mg	2mg	9mg	C, K, B6 & E	0.5mg	10mg	96mg	0.9g	6.7g	10mg	Nil	0.3mcg
Cucumber (raw)	24mg	147mg	2mg	16mg	K, C, A & B6	0.2mg	2mg	2mg	0.7g	3.5g	12mg	Nil	0.3mcg

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Celery (cooked)	25mg	284mg	91mg	42mg	K, A, C & B6	0.4mg	Nil	75mg	0.8g	4g	12mg	Nil	1.0mcg
Turnip	26mg	177mg	16mg	33mg	C & B6	0.2mg	32mg	9mg	0.7g	5g	9mg	Nil	0.2mcg
Butternut Squash	27mg	284mg	4mg	41mg	A, C, B6 & E	0.6mg	24mg	14mg	1g	10.5g	29mg	Nil	0.5mcg
Green Beans	29mg	146mg	1mg	44mg	K, C, A & B6	0.7mg	89mg	56mg	2g	8g	18mg	0.1g	0.2mcg
Green Leaf Lettuce	29mg	194mg	28mg	36mg	K, A, C & B6	0.9mg	58mg	24mg	1.4mg	2.8g	13mg	Nil	0.6mcg
Carrots	30mg	235mg	58mg	30mg	A, K, B6 & C	0.3mg	1mg	87mg	1g	8g	10mg	Nil	0.7mcg
Pumpkin (flesh only)	30mg	230mg	1mg	15mg	A, C, E & B6	0.6mg	2mg	2mg	0.7g	5g	9mg	Nil	0.2mcg
Sweet Potato	32mg	230mg	27mg	27mg	A, C, B6 & E	0.7mg	4mg	61mg	1.5g	18g	18mg	Nil	0.2mcg
Cauliflower	32mg	142mg	15mg	16mg	C, K, A & B6	03mg	167mg	50mg	2g	4.5g	9mg	0.1g	0.6mcg
Cabbage	33mg	196mg	8mg	48mg	K, C, B6 & A	0.2mg	14mg	9mg	1.5g	5.5g	15mg	Nil	0.6mcg
Beets	38mg	305mg	77mg	16mg	C, B6 & A	0.8mg	5mg	58mg	1.7g	10g	23mg	Nil	0.7mcg
Potatoes	40mg	328mg	5mg	1g	B6, C & K	0.3mg	10mg	32mg	2g	20g	20mg	Nil	0.3mcg
Zucchini/Sum Squash	40mg	253mg	3mg	13mg	A, C, K & B6	0.4mg	13mg	8mg	0.6g	4g	22mg	Nil	0.2mcg
Yam	49mg	670mg	8mg	14mg	C, B6, K & E	0.5mg	9mg	50mg	1.5g	27.5g	18mg	Nil	0.7mcg
Asparagus	54mg	224mg	14mg	23mg	K,A, C & E	0.9mg	29mg	76mg	2.5g	4g	14mg	Nil	6.1mcg
Peas	55mg	240mg	4mg	42mg	C, K, A & B6	2mg	15mg	85mg	3.5g	7g	26mg	Nil	0.7mcg
Brussel Sprouts	56mg	317mg	21mg	36mg	K, C, A & B6	1.2mg	173mg	79mg	2.5g	7g	20mg	0.1g	1.5mcg
Broccoli	67mg	293mg	41mg	40mg	K, C, A & B6	0.7mg	119mg	51mg	2.5g	7g	21mg	0.1g	1.6mcg
Parsnip	69mg	367mg	10mg	37mg	C, E, B6 & K	0.6mg	3mg	41mg	1.3g	17g	29mg	0.1g	1.7mcg
Peas (frozen)	77mg	110mg	72mg	24mg	A, K, C & B6	1.5mg	24mg	142mg	5g	14g	28mg	0.1g	0.8mcg

Calories:

Yam :	116 calories per 100grams
Potatoes :	86 calories per 100grams
Peas :	84 calories per 100grams
Peas (frozen) :	78 calories per 100grams
Parsnip :	71 calories per 100grams
Sweet Potato :	70 calories per 100grams
Beets :	44 calories per 100grams
Butternut Squash :	39 calories per 100grams
Brussel Sprouts :	36 calories per 100grams
Broccoli :	35 calories per 100grams
Green Beans :	35 calories per 100grams
Carrots :	35 calories per 100grams
Eggplant/Aubergine :	35 calories per 100grams
Sweet Green Pepper :	28 calories per 100grams
Cauliflower :	23 calories per 100grams
Cabbage :	23 calories per 100grams
Turnip :	22 calories per 100grams
Asparagus :	22 calories per 100grams
Zucchini/Summer Squash :	20 calories per 100grams

Pumpkin (flesh only) :	20 calories per 100grams
Celery (cooked) :	18 calories per 100grams
Spinach :	16 calories per 100grams
Cucumber (raw) :	15 calories per 100grams
Green Leaf Lettuce :	15 calories per 100grams

Combined Data Source: www.nutritiondata.self.com and the USDA National Nutrient Database.