

Can Dogs Eat Cheese?

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Yes, dogs can eat cheese, but it's important to be cautious. Cheese can make a great occasional treat for dogs, especially during training or when trying to hide a pill in something irresistible. However, it's not suitable for all dogs, and moderation is key.



When Can Dogs Eat Cheese?

Cheese isn't toxic to dogs (except for blue cheese—more on that later), but some dogs may have trouble digesting it. Dogs with lactose intolerance, allergies, or sensitive stomachs should avoid it altogether. Also, cheese can be high in fat, so if your dog is overweight, it's better to avoid it or offer lower-fat alternatives like chicken or tuna for treats.

Some dogs find cheese so tasty that it's perfect as a **high-value reward** when you're training them. A small cube of cheese can be a powerful motivator if your dog is learning commands like recall. Even some rehoming centres use cheese—small cubes of cheddar or cheese from a squeeze tube—to help train their dogs. Smearing a bit of cheese inside a Kong toy can also be a soothing treat, especially for dogs with

separation anxiety or those who need a bit of calming down.



Which Cheeses Are Safe for Dogs?

Most plain cheeses, like cheddar, are safe for dogs in small amounts. But some cheeses come with added ingredients like onions, garlic, or herbs that can be harmful to dogs, so always double-check the label.

Which Cheeses Are Unsafe?

- **Blue Cheese:** This is a definite no-go. The mould used to create blue cheeses like Stilton contains a substance called **roquefortine C**, which can make dogs very ill. It can cause vomiting, diarrhoea, high temperatures, and even seizures, especially if eaten in large amounts. If your dog accidentally eats blue cheese, call your vet immediately.
- **High-Fat Cheeses:** These can lead to upset stomachs, vomiting, and diarrhoea, especially if your dog has eaten a lot.

Dogs That Should Avoid Cheese



- **Overweight Dogs:** Because cheese is high in fat, it's best to avoid giving it to dogs that are trying to lose weight.
- **Lactose Intolerant Dogs:** Just like some humans, some dogs can't tolerate dairy. If your dog is lactose intolerant, steer clear of cheese.
- **Dogs with Sensitive Stomachs:** If your dog has a delicate digestive system, cheese could upset their tummy and lead to vomiting or diarrhoea.
- **Dogs with Kidney Problems:** Cheese often has a high salt content, which isn't good for dogs with kidney issues.

If you're ever unsure, it's best to check with your vet before offering cheese as a treat. While it's not harmful to most dogs in small amounts, it's always better to be safe than sorry!