

Published based on [Helpful Information On Why Dogs Eat Grass](#)

# Helpful Information On Why Dogs Eat Grass

Eating grass is something that many dogs indulge in, and few show any sign of being badly affected. Yet it is something that worries a lot of dog owners.

If you are one of those worried by this, read on and we'll try to find out what dog behavior experts have to say on the subject.

### Do Dogs Really Need Greens In Their Diet?

Dogs are omnivores, so they need nutrients from a variety of sources, including meat and vegetables. As grass is plentiful, it has always formed an important part of the diet of wolves and other canine species. It may even be of medicinal value to them.

You may have noticed that even if your dog doesn't normally eat grass, he'll look for a clump of grass to munch on when he's feeling unwell. Veterinarians are divided as to why this is. Some believe that dogs eat grass because their stomachs are upset, others insist that their stomachs become upset after eating grass.

### Is Eating Grass Dangerous For Dogs?

If this is your concern, you're not alone, especially if your dog throws up after chewing grass. Eating grass is common canine behavior, wild dogs do it too and without any signs of lasting health problems.

In fact, a recent study showed that up to 80% of dogs regularly consume grass or other plants. The study also showed that dogs that eat grass regularly are in no way less healthy than dogs who don't.

**Why Your Dog Eats Grass.** A common belief is that dogs eat grass in order to induce vomiting. However, the evidence does not support this theory. The vast majority (up to 90%) of dog owners participating in the study, said that their dogs were not ill before they ate grass. And it seems unlikely that dogs eat grass to make themselves throw up – less than 25% of dog owners surveyed noticed their dogs vomiting after eating grass.

What is quite possible is that grass provides dogs with much needed fiber. In fact, many dog owners report that once they add a fiber supplement to their dog's food, the dog stops eating grass altogether.

**Is Eating Grass Healthy For Your Dog?** Okay, so grass isn't bad for a dog, does that mean it is good?

Grass has very little nutritional value which is why herbivores have to spend almost all of their time grazing just to get the nutrients they need.

So the small amount consumed by a dog probably has virtually no nutritional value. Having said that it must provide some benefit, as vegetable matter is important in an omnivorous diet.

Why then do they sometimes throw up after eating grass? The experts can't give an answer to that one, but all agreed that eating grass poses no danger to your dog.

If you want to read more about [why dogs eat grass](#), dog care, [facts about dogs](#) and other interesting dog info visit [dogsanddogtraining.com](http://dogsanddogtraining.com)

You can also find this article published on [Helpful Information On Why Dogs Eat Grass](#), and on the tag pages [behavior](#), [clump of grass](#), [Eating](#), [fact](#), [feeling unwell](#), [wild dogs](#).