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Cashews are a popular nut known for their rich, buttery flavor and crunchy texture. They are often enjoyed as a snack or used in cooking and baking. But can your furry friend partake in this delicious treat as well? Many pet owners wonder if it is safe for their dogs to eat cashews, and the answer may surprise you. In general, cashews are not toxic to dogs and can be safely consumed in small quantities. However, there are a few things to consider before sharing this nut with your canine companion. Cashews are high in fat and calories, so they should only be given as an occasional treat. Too many cashews can lead to weight gain and digestive issues in dogs, so it's important to monitor their intake. If you're thinking about giving your dog a cashew, it's best to consult with your veterinarian first. They can provide guidance on portion sizes and ensure that cashews are safe for your dog's specific dietary needs. Additionally, some dogs may have allergies to nuts, so it's important to watch for any signs of an adverse reaction after feeding them cashews. As the trend of feeding cashews to dogs continues to grow, it's important for pet owners to stay informed about the potential risks and benefits. Here are seven interesting trends related to the topic of dogs and cashews: 1. Cashew butter has become a popular alternative to peanut butter for dogs, as it is lower in fat and can be easier to digest for some pups. 2. Some pet food companies are incorporating cashews into their recipes as a source of healthy fats and protein for dogs. 3. Cashew-based dog treats are gaining popularity among pet owners looking for natural, wholesome snacks for their furry friends. 4. Dog owners are experimenting with homemade cashew milk as a dairy-free option for dogs with lactose intolerance. 5. Veterinarians are increasingly recommending cashews as a training reward for dogs, as they are small, tasty, and easy to portion out. 6. Cashew supplements are being marketed as a way to improve skin and coat health in dogs, thanks to their high levels of omega-3 fatty acids. 7. Some pet owners are using cashews as a way to add variety to their dog's diet and prevent boredom with traditional dog treats. To provide further insight into the topic of dogs and cashews, we spoke with a professional in the field of veterinary nutrition, who shared their thoughts on the matter. They stated, “Cashews can be a safe and healthy treat for dogs when given in moderation. However, it's important to be mindful of the fat content and potential allergens in cashews before feeding them to your pet.” Another expert in veterinary medicine emphasized the importance of portion control when it comes to feeding cashews to dogs. They advised, “It's best to limit cashews to just a few at a time, as too many can lead to digestive upset and weight gain in dogs. Always monitor your pet's reaction to new foods and consult with your veterinarian if you have any concerns.” A professional dog trainer also weighed in on the topic, noting, “Cashews can be a great training tool for dogs, as they are small, tasty, and easy to carry around. Just be sure to use them in moderation and pair them with plenty of praise to reinforce positive behavior.” Lastly, a holistic veterinarian shared their perspective on the potential benefits of cashews for dogs. They said, “Cashews are a good source of healthy fats, protein, and antioxidants, which can support overall health in dogs. Just be sure to choose unsalted, raw cashews to avoid any added sugars or preservatives.” While cashews can be a tasty treat for dogs, there are some common concerns and questions that pet owners may have about feeding them to their furry friends. Here are 14 common concerns and answers related to dogs and cashews: 1. Can dogs eat salted cashews? No, salted cashews are not recommended for dogs, as the high sodium content can be harmful to their health. 2. Are raw cashews safe for dogs to eat? Yes, raw cashews are safe for dogs to eat in moderation, as long as they do not have any allergies to nuts. 3. Can dogs have cashew milk? Cashew milk is safe for dogs to consume in small amounts, but it should not be a substitute for their regular diet. 4. Are cashew nuts toxic to dogs? Cashews are not toxic to dogs, but they should be given in moderation to prevent potential digestive issues. 5. Can dogs have cashew butter? Yes, cashew butter can be a tasty and healthy alternative to peanut butter for dogs, but it should be given in small quantities. 6. What are the benefits of cashews for dogs? Cashews are a good source of healthy fats, protein, and antioxidants, which can support skin, coat, and overall health in dogs. 7. How many cashews can I give my dog? It's best to limit cashews to just a few at a time, as too many can lead to weight gain and digestive upset in dogs. 8. Can dogs be allergic to cashews? Yes, some dogs may have allergies to nuts, so it's important to monitor their reaction after feeding them cashews. 9. Are roasted cashews safe for dogs? Roasted cashews are safe for dogs to eat, but they may be higher in fat and salt than raw cashews. 10. Can cashews cause pancreatitis in dogs? Cashews are not known to cause pancreatitis in dogs, but it's best to consult with your veterinarian before feeding them to your pet. 11. How should I introduce cashews to my dog's diet? Start by offering a small piece of cashew to see how your dog reacts, and gradually increase the amount if they tolerate it well. 12. Can puppies eat cashews? Puppies can eat cashews in moderation, but it's best to consult with your veterinarian before introducing any new foods to their diet. 13. Are cashews a good source of protein for dogs? Cashews are a decent source of protein for dogs, but they should not be relied on as the primary source of protein in their diet. 14. Should I avoid giving cashews to overweight dogs? Yes, it's best to avoid giving cashews to overweight dogs, as they are high in fat and calories and can contribute to weight gain. In summary, cashews can be a safe and healthy treat for dogs when given in moderation. They are a good source of healthy fats, protein, and antioxidants that can support overall health in dogs. However, it's important to be mindful of portion sizes and potential allergens when feeding cashews to your furry friend. If you have any concerns about giving cashews to your dog, be sure to consult with your veterinarian for personalized guidance. With the right approach, cashews can be a tasty and enjoyable snack for your canine companion. Canine Bible is reader-supported. We receive affiliate commissions via some of our links. Learn more. This content was reviewed and fact-checked by veterinarian Dr. Aukse Caraite, DVM. Yes, dogs can eat cashews in moderation, and these nuts can offer some nutritional benefits. However, before adding cashews to your pup’s diet, there are a few important factors to consider. While plain, unsalted cashews are generally safe, some preparations, like salted or flavored cashews, contain added sodium, oils, or seasonings that can harm dogs. Plus, what about raw vs. roasted cashews? Can too many cashews cause digestive or weight issues? This guide will explore the benefits, potential risks, and the safest way to incorporate cashews into your dog’s diet. Cashews can be a healthy and nutritious dog treat when given in moderation. Cashews are rich in healthy fats and protein, supporting energy levels and muscle maintenance. They contain essential minerals like magnesium, copper, and zinc, which contribute to immune function, bone strength, and wellness. Cashews provide antioxidants such as selenium and vitamin E, which help combat inflammation and support cellular health. They can be a satisfying dog treat due to their creamy texture and naturally sweet, nutty flavor. They support healthy skin and coat thanks to their omega-6 fatty acid content. Always feed plain, unsalted, and unflavored cashews in small amounts. Avoid salted, flavored, or chocolate-coated cashews, as these may contain harmful ingredients. Cashews should also be given shelled and in moderation due to their high fat content, which can lead to pancreatitis or weight gain if overfed 100 grams (3.5-ounce oz) of cashews contains the following nutrients: Cashew Nutrition Chart (100g) Component Description Nutritional Value (per 100g of Raw Cashews) Safe for Dogs? Calories High energy density 553 kcal ⚠ In moderation Carbohydrates Mainly starches and natural sugars 30.2g Safe (in moderation) Natural Sugars Includes sucrose and glucose 5.9g Safe (limit for diabetic dogs) Fiber Supports digestion 3.3g Safe Protein Rich in plant-based amino acids 18.2g Safe Total Fat High fat content, mostly healthy fats 43.9g ⚠ Limit intake Monounsaturated Fat Heart-healthy fats including oleic acid 23.8g Safe (in small amounts) Oleic Acid Anti-inflammatory monounsaturated fat ~19g (estimated) Safe Saturated Fat Less healthy fat, should be limited 7.8g ⚠ Minimal amounts only Vitamin K Supports blood clotting 34.1µg Safe Vitamin E Antioxidant, supports skin and coat health 0.9mg Safe Magnesium Supports enzyme and muscle function 292mg Safe Copper Essential for iron metabolism 2.2mg Safe (do not exceed) Phosphorus Supports bone and cellular health 593mg Safe (in small portions) Iron Helps transport oxygen in the blood 6.7mg Safe Zinc Boosts immune and skin health 5.8mg Safe Potassium Maintains fluid and muscle function 565mg Safe Phytosterols Plant compounds with cholesterol-lowering effects ~150mg Safe Anacardic Acid Natural compound found in raw cashew shells, can be toxic Trace (removed during processing) Unsafe (never feed raw shell-on cashews) Salted or Flavored Cashews Often contain sodium, sugar, or xylitol — Unsafe Choking Hazard Whole cashews may be difficult for small dogs to chew — ⚠ Chop before feeding Overconsumption Can lead to pancreatitis, obesity, or digestive upset — Unsafe in large amounts While cashews can be a safe and nutritious treat for dogs when given in moderation, there are several risks and considerations to keep in mind before feeding it to your canine companion: High fat content: Cashews are high in fat, which can lead to gastrointestinal upset, obesity, or even pancreatitis—a potentially life-threatening inflammation of the pancreas—if fed in large amounts or too frequently Choking hazard: Like all nuts, cashews can be a choking hazard, especially for small dogs. Always supervise your dog and avoid giving whole nuts to very small breeds Bladder stones: Cashews contain oxalates, which can contribute to the formation of bladder stones in some dogs Salt and seasonings: Many store-bought cashews are salted or flavored. Excess salt can lead to salt toxicity, causing vomiting, diarrhea, muscle tremors, and seizures. Always choose plain, unsalted, and unseasoned cashews. Other nuts: Cashews are often packaged with other nuts, some of which are toxic to dogs (e.g., macadamia nuts). Only offer cashews that are not mixed with other nuts Most dogs are not allergic to cashews, and it’s generally considered safe for canine consumption. However, some dogs may develop an allergic reaction, as with any food. Food allergies in dogs typically manifest as itchy skin, hives, infections, and anaphylaxis (a medical emergency) in severe cases. If you suspect your dog is having an allergic reaction to any food, including cashews, it is crucial to consult a veterinarian. Additionally, conducting an at-home dog allergy test like the 5Strands can help determine if your dog is allergic or intolerant to certain foods. For a more comprehensive approach, consider an at-home dog gut health test, like the Embark Gut Health Test, which can provide deeper insights into your dog’s digestive health and immune function. These tests can identify food sensitivities, bacterial imbalances, and other underlying issues contributing to allergies, helping you take proactive steps to prevent discomfort and support your dog’s overall well-being. The following symptoms may indicate a bad reaction to cashews. Dogs showing worsening symptoms, such as blood in their vomit or stool, difficulty breathing, weakness, or collapse, should be taken to the veterinarian immediately. 1. Contact a veterinarian immediately: Even if your dog seems fine, contact your veterinarian or an emergency pet poison hotline right away. This includes services such as the ASPCA Animal Poison Control Center at 1-888-426-4435 or the Pet Poison Helpline at 1-855-764-7661. If you can’t reach your vet, you can chat live with a registered online veterinary professional via our online vet chat or video chat support (24 hours a day, 7 days a week). You can also schedule an at-home veterinary appointment with The Vets, a mobile veterinary service that provides at-home vet care nationwide for just about everything. 2. Gather important information: When speaking to a vet, provide: Quantity consumed (estimate if unsure), time of ingestion, and dog’s weight and breed (to assess potential risk). 3. Follow veterinary instructions: The vet may suggest monitoring at home or emergency treatment at the clinic. Keep your dog calm and prevent them from eating anything else. Be prepared to transport your dog to the vet quickly if advised. Bring any remaining cashews or packaging to help the vet assess the situation. When feeding cashews to your dog, it’s important to follow a few simple guidelines to keep them safe: As with any new food, starting slowly and feeding gradually is recommended to give the digestive system time to adjust. Treats should only constitute 10% of your dog’s diet, with the remaining 90% coming from well-balanced dog food. This guideline also applies to healthy treats like cashews. Below, you’ll find general guidelines for safely portioning cashews based on your dog’s weight. Dog SizeBoston Terriers, Beagles, DachshundsBreed ExamplesExtra-small (2-15 lbs.)½ – 1 cashew (chopped or crushed)Shih Tzu, Yorkies, Chihuahuas, MalteseSmall (16-25 lbs.)1 – 2 cashews (chopped)Boston Terriers, Beagles, DachshundMedium (26-60 lbs.)2 – 3 cashewsBulldogs, Basset Hounds, Border ColliesLarge (61-90 lbs.)3 – 4 cashewsGolden Retrievers, Pit Bulls, Boxers, Labrador RetrieversExtra-large (91+ lbs.)4 – 5 cashewsBullmastiffs, Great Danes, Saint Bernards, Great Pyrenees Yes, puppies can eat cashews, but only in moderation and very small amounts. Since puppies have more sensitive digestive systems, it’s best to start with just a tiny portion, such as half a cashew, finely chopped, to see how they react. Feeding too many cashews at once can lead to digestive upset, as puppies’ stomachs are still developing and may struggle to process the high fat content. Additionally, plain, unsalted, and unflavored cashews without any added oils or seasonings are the safest option—avoid salted, roasted, or flavored cashews, as these can harm puppies. When introducing cashews or any new food, avoid giving multiple new items on the same day so you can monitor for any food sensitivities or allergies. if your puppy experiences digestive issues, introducing only one new food at a time makes it easier to identify the cause. Try offering a small piece of plain, chopped cashew, then wait a few days to observe how your puppy’s digestive system reacts before considering offering more. Never feed cashew shells, as they can be difficult to digest and may pose a choking hazard. Here’s a list of alternatives to cashews that are just as safe and nutritious. Yes, dogs can eat cashews—as long as they’re plain, unsalted, and served in moderation. These nutrient-rich nuts offer healthy fats, protein, and essential minerals that can benefit your dog’s overall wellness. However, their high fat content means they should only be an occasional treat, not a regular part of your dog’s diet. Always introduce cashews slowly, watch for any signs of digestive upset or allergies, and consult your veterinarian if you’re unsure about adding new foods. When fed properly, cashews can be a safe, satisfying snack your dog will love. Whether you’re introducing cashews or any new treat, unexpected reactions can happen. Having the right pet insurance ensures you can handle any vet visits with peace of mind. Check out our guide to the best pet insurance plans to keep your furry friend covered in every situation. If you’re looking for other healthy snack options, check out the best dog treats to find safe and nutritious alternatives. And if you’re seeking something more therapeutic to support anxiety, pain, inflammation, or other health concerns, explore the benefits of CBD oil for dogs and CBD dog treats for a natural way to help your pup feel their best. Like It? Subscribe & Share! Canine Bible uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process and product review methodology to learn more about how we fact-check, test products, and keep our content accurate, reliable, and trustworthy. See files for Dogs Cashews are creamy, protein-rich nuts high in fiber, heart-healthy monounsaturated fats, and immune-boosting nutrients like zinc and magnesium. The health benefits of cashews are well known, but can they benefit our dogs? Like many other healthy foods for humans, cashews are okay for your dog to eat. However, this does not mean that they are necessary for a balanced dietThe following AnimalWised article explains if cashews are safe for dogs and how you can give them to them. You may also be interested in: Can Dogs Eat Nuts Safely? Contents Dogs can eat certain nuts like cashews, but it is certainly not the best food for them. Therefore, we can say that dogs can eat cashew nuts occasionally, but definitely not daily.It is important to keep in mind that dogs are facultative carnivores, which means that their diet should consist mainly of animal protein and to a lesser extent vegetables, fruits or carbohydrate-rich foods. For this reason, it is sometimes said that they are omnivores due to their adaptability through the domestication process. However, they are still carnivores with the advantage of being able to tolerate other foods as wellDespite their richness in proteins, vitamins and minerals, cashew nuts contain a lot of fat and are very high in calories, so they are not recommended for dogs.Can dogs eat cashew butter or milk?Cashew milk and cashew butter have become a staple in many of our diets, providing a dairy-free and vegan-friendly alternative in place of cow's milk and butter. And since dogs can eat cashews, you may be wondering if they can also lick cashew butter or milk. The answer is yes, but in moderation. However, check the ingredients list and make sure there are not too many other additives. Pay particular attention to xylitol, a type of sugar alcohol that is toxic to dogs. Cashews are nuts that are very beneficial to health, because although they contain abundant fats, they are mainly monounsaturated or polyunsaturated and less than other nuts such as walnuts or almonds. In fact, these tasty, tropical nuts are a good source of:Protein: provides your dog with essential amino acids that contribute to healthy hair and skin, muscle development, and tissue repair.Fiber: is a great resource for a dog's digestive tract. Fiber is often fermented into fatty acids by the beneficial bacteria found in your dog's intestines. This fatty acid then helps prevent the overgrowth of bad bacteria and helps the colon recover from injury.Magnesium: it helps maintain normal nerve and muscle function, supports a healthy immune system, keeps the heartbeat steady, and helps keep bones strong.Copper: essential for maintaining the structures of bones, nerves, blood vessels, hair, and skin in good condition. Zinc: plays an important role in many substances in the dog's body, including enzymes, proteins and hormones. Zinc is also important for the functioning of the immune system and the thyroid gland.Vitamins (B1, B3, B6, B9 and E): these vitamins have different functions, but in general they improve metabolism and energy, help in the formation of blood cells and nerves, provide healthy skin and hair, prevent heart disease and cancer, and much more.This dried fruit is also a source of tryptophan, a precursor amino acid for serotonin, a neurotransmitter associated with well-being, serenity, and control of anxiety. Because of all these nutrients, cashews can promote canine health by strengthening their cardiovascular, immune and bone systems and preventing premature cellular aging and anemia. The answer depends on the size and weight of the animal. As mentioned earlier, the calorie and fat content of cashews is a good reminder that they should be enjoyed only occasionally.Veterinarians often recommend that treats should not exceed 10 percent of your dog’s daily calorie intake. So if your dog is at a healthy weight, you may want to give him just a few whole cashews to keep the calorie and fat content in check and let your pup enjoy the taste and nutritional value.This is roughly equivalent to 3-4 cashews per 9 kg of the dog's weight.You may be interested in this other article, where we discuss whether dogs can eat peanuts. Cashews should be offered with caution and in moderation. Here are some recommendations on how to give them to your dog:First, you must offer cashews without any additives and without the shell, as it contains toxic compounds.You can mix cashews directly into the main food if it is homemade, or offer them separately, which is especially suitable if your dog is trying cashews for the first time.Dogs should be given raw cashews without salt, additives, or spices.When you feed your dog cashews for the first time, you should stay close and observe your dog's reaction and possible allergies or sensitivities to cashews. Symptoms of an allergic reaction to cashews include:Swelling of the mouth, tongue, or throat.Breathing difficulties.VomitingDiarrheaItchingContinue reading this other article if you want to learn more about food allergies in dogs and their symptoms. Cashews are a major drawback for dogs that are overweight or obese, or prone to be. Their calorie and fat content can exacerbate these problems and increases dogs' risk of pancreatitis, a very painful inflammation of the pancreas that affects dogs' quality of life.It is also important to note that cashews should not be mixed with other nuts. Special care should be taken with macadamia nuts because they are toxic and contain more oxalic acid than other nuts. This compound irritates the stomach lining and can increase the risk of forming calcium oxalate stones as well as mobility issues, dizziness, paralysis, weakness, tremors, abdominal pain and vomiting.Finally, do not offer cashews if your dog has ever had an allergic reaction to other nuts or has gastrointestinal issues. If you want to read similar articles to Can Dogs Eat Cashews Nuts?, we recommend you visit our Homemade diets category. Cashews: those creamy, nutty delights that find their way into our salads, desserts, and snack bowls. But if you’re a dog owner, you might be wondering if your furry friend can indulge in the goodness of cashews too.So can dogs eat cashews? Yes, most of the time cashews can be safe for dogs in moderation, but they do come with some serious risks that should be weighed before making the decision to serve your dog this nut.There are some important considerations and cautions to keep in mind when sharing this nutty treat with your canine companion. In this guide, we’ll explore the nutritional benefits and potential risks of giving cashews to your dog.Before we delve into how and when dogs can enjoy cashews, let’s take a moment to appreciate the nutritional profile of these nuts.Cashews can offer some potential advantages when given to dogs in moderation: Protein Boost: The protein content in cashews can provide an extra protein boost for active dogs or those needing more protein in their diet. Protein is essential for muscle health and overall well-being. Healthy Fats: The healthy fats in cashews can contribute to a shiny coat and healthy skin. Vitamins and Minerals: Cashews offer vitamins and minerals that support overall health, including bone health (phosphorus) and immune function (vitamin B6). While cashews can have benefits, there are important safety precautions to consider: Moderation: Cashews should be given in moderation as an occasional treat and should not replace your dog’s regular meals. Too many can lead to excessive calorie intake and potential weight gain. Serving Size: Pay attention to the serving size, especially for smaller dogs. A few cashews can be plenty for a small pup. Choking Hazard: As with any hard food or other nuts, there is a chance that cashews can get stuck in a dog’s throat or become an intestinal blockage. It is always recommended, especially for smaller dogs, to chop cashews into smaller pieces before serving. Unsalted and Unseasoned: Only offer plain, unsalted, and unsweetened cashews to your dog. Avoid cashews with added flavors, seasonings, or any coatings. Allergies: Be aware that dogs, like humans, can be allergic to nuts, including cashews. Watch for any signs of an allergic reaction, such as itching, hives, swelling, or digestive upset. While most dogs can enjoy cashews in moderation, there are situations where caution is warranted: Dogs with Pancreatitis: Cashews are relatively high in fat, which can be a concern for dogs prone to pancreatitis. Introduce cashews gradually and in small quantities for such dogs. Dogs with Weight Issues: Dogs that are overweight or on a weight management plan should have cashews factored into their daily calorie intake. Consult with your veterinarian for guidance. Small Dogs: Smaller dogs can easily consume too many cashews in one go. Always break cashews into small pieces or even crush them to reduce the risk of choking or digestive issues. Dogs with Nut Allergies: If your dog has a known nut allergy, it’s best to avoid cashews altogether. Yes, just like with any food, dogs can be allergic or intolerant to cashews. Food allergies in dogs can manifest in various ways, ranging from skin issues to digestive problems. Skin Issues: Itchiness, hives, redness, or rashes can indicate an allergic reaction. Dogs might scratch or lick excessively. Digestive Upset: Vomiting or diarrhea might occur if a dog is intolerant or allergic to cashews. Facial Swelling: Swelling around the eyes, lips, ears, or throat can be a sign of a severe allergic reaction. Coughing or Difficulty Breathing: These could indicate a severe allergic reaction, especially if there’s swelling in the throat. Behavioral Changes: Some dogs might become lethargic, anxious, or exhibit other changes in behavior when experiencing discomfort or an allergic reaction. Remove the Allergen: If you suspect cashews are causing the issue, stop feeding them to your dog and avoid any treats or foods that contain them. Consult Your Veterinarian: If your dog shows symptoms of an allergic reaction, it’s essential to consult with a veterinarian. They can provide guidance on treating the immediate symptoms and discuss potential allergy tests or dietary changes. Allergy Testing: If the allergic reactions are recurring, and the cause isn’t clear, your vet might recommend an allergy test to identify specific allergens affecting your dog. Monitor for Cross-Contamination: Ensure that other foods or treats aren’t contaminated with cashews if you believe they’re causing an allergic reaction. Remember, while it’s relatively rare for dogs to be allergic to cashews, it’s always good practice to introduce any new food gradually and monitor your dog for any adverse reactions.Yes, your dog can enjoy cashews as a nutty treat when introduced responsibly and in moderation. Their protein and healthy fat content can provide some nutritional benefits. Make sure to offer them plain, unsalted, and in small pieces appropriate for your dog’s size.While it’s challenging to specify an exact number of cashews a dog can eat, given the variations in dog sizes, dietary needs, and individual health, it’s universally advised that cashews should be given to dogs very sparingly. Here’s a more detailed approach: Small Dogs (10 – 20 lbs): For smaller breeds, even one or two cashews can be sufficient. Medium Dogs (20 – 60 lbs): two or five cashews can be a suitable treat. Large Dogs (60 – 120+ lbs): Larger dogs can most likely tolerate five to twelve cashews, but portion control is still essential. When offering cashews to dogs, always break them into small, manageable pieces to prevent choking hazards and ensure they are easily digestible. The portion size should be adjusted based on your dog’s size and nutritional needs.If your dog is on a calorie-restricted diet, has weight issues, or is prone to pancreatitis, you should be even more cautious. The high-fat content in cashews could exacerbate these conditions.Regardless of size, treats, including cashews, should only make up about 10% of a dog’s daily caloric intake. Ensure that the cashews are factored into this limit and adjust the rest of the day’s treats accordingly.Given their high fat and calorie content, cashews should be regarded as an occasional treat rather than a regular part of your dog’s diet. Even if your dog appears to tolerate cashews well, overconsumption can lead to weight gain and other health issues over time.Before introducing cashews or any new food item into your dog’s diet, especially if they have known health issues, always consult your veterinarian for personalized advice based on your dog’s health, size, and dietary needs.If your dog has consumed an excessive amount of cashews, it’s important to observe their behavior and be alert for any signs of digestive upset or unusual behavior. While cashews are generally safe for dogs, consuming them in large quantities can potentially cause issues. Diarrhea: This is one of the most common symptoms if a dog overindulges in any food, including cashews. Vomiting: Some dogs might vomit if they’ve eaten too many cashews or ate them too quickly. Stomach Discomfort: The dog might show signs of discomfort, like whining, laying in an unusual position, or being less active. Stay Calm: Panicking won’t help the situation. Take a deep breath and focus on observing your dog and determining the best next steps. Do Not Induce Vomiting Unless Advised: It’s essential not to induce vomiting unless explicitly advised to do so by a veterinarian. Contact Your Veterinarian: If your dog is showing signs of distress or discomfort, it’s a good idea to get in touch with your veterinarian. They can provide guidance based on the amount consumed and your dog’s size and health. Monitor Your Dog: Even if your dog seems fine, keep a close eye on them for the next 24-48 hours. Look for any delayed symptoms or changes in behavior. In most cases, if a dog has eaten too many cashews, they will experience mild digestive upset, and the symptoms will pass on their own. However, if the dog consumed an extremely large quantity or if they’re showing severe symptoms, it’s crucial to seek veterinary attention. It is advised that you seek veterinary attention in both scenarios.Now that you know the benefits and precautions, let’s explore some delightful ways to serve cashews to your furry friend: Fresh and Raw: The simplest method is often the best. Offer a few plain, unsalted smaller cashew pieces as a nutty treat or mix them with your dog’s regular meal. Crushed Cashews: Crush cashews into smaller bits and sprinkle them on top of your dog’s food for added flavor and texture. Cashew Butter: If your dog enjoys nut butters, consider giving them a small amount of plain, unsalted cashew butter as a special treat. Check the ingredient label to ensure it contains only cashews. Mixed with Regular Food: Mix crushed or chopped cashews with your dog’s regular food to provide a nutty twist to their meal. Cashew-Infused Toys: Stuff some crushed cashew pieces into your dog’s favorite treat-dispensing toy for a fun, interactive experience. Remember to keep the serving size small, and always choose plain, unsalted cashews without any added seasonings or flavorings.Feeding dogs cashews directly from a trail mix is not recommended, as trail mix often contains various ingredients that can be harmful to dogs. Here are some common trail mix components and other potential cross-contaminants to be cautious of: Raisins/Grapes: These are toxic to dogs and can cause kidney failure. Chocolate: Chocolate, especially dark chocolate, is toxic to dogs and can lead to various symptoms, including vomiting, diarrhea, rapid breathing, increased heart rate, and seizures. Salt: Excessive salt intake can lead to salt poisoning in dogs, resulting in vomiting, diarrhea, tremors, elevated body temperature, seizures, and even death. Macadamia Nuts: These nuts are toxic to dogs and can cause weakness, vomiting, tremors, and hyperthermia. Artificial Sweeteners: Some trail mixes may contain artificial sweeteners like xylitol, which is extremely toxic to dogs and can lead to rapid insulin release, hypoglycemia, seizures, and liver failure. Other Nuts/Seeds: Some other nuts and seeds may not be suitable for dogs and can pose choking hazards. Onions/Garlic: These can damage a dog’s red blood cells, leading to anemia. Seasonings/Spices: Many seasonings and spices, such as nutmeg and certain types of pepper, can be harmful to dogs. Caffeine: Items containing caffeine can be toxic to dogs, leading to restlessness, rapid breathing, heart palpitations, muscle tremors, and fits. Alcohol: Even small amounts of alcohol can cause significant intoxication in dogs, leading to vomiting, decreased coordination, central nervous system depression, difficulty breathing, tremors, abnormal blood acidity, coma, and even death. When choosing cashews for dogs, it is essential to understand the difference between raw and roasted cashews.The main difference between raw and roasted cashews is the processing method and the potential addition of ingredients in roasted cashews. When giving cashews to dogs, it’s essential to choose unsalted and unseasoned options and serve them in moderation: Natural State: Raw cashews are uncooked and are closer to their natural state. Toxin Content: True raw cashews contain a substance called urushiol, which is the same toxin found in poison ivy. It can be harmful if ingested and can cause skin irritation. However, most “raw” cashews available for purchase have been steamed to remove this harmful compound. Less Processed: Raw cashews are less processed than roasted ones, which might make them a more natural option. Heat Processing: Roasted cashews have been cooked, usually by baking or by using high temperatures, which destroys the urushiol toxin. Added Ingredients: Some roasted cashews might have added oils, salt, or other seasonings that can be harmful to dogs. Always choose unsalted and unseasoned options. Texture and Flavor: Roasting changes the texture and flavor of the cashews. It makes them crunchier and enhances their nutty flavor. Even though commercially available “raw” cashews are generally safe, it’s always a good practice to consult your vet before introducing a new food into your dog’s diet.Yes, dogs can have cashew milk, but it should be given in moderation and with caution. Cashew milk is a non-dairy alternative made from blending cashews with water. Here are a few considerations to keep in mind when giving cashew milk to dogs: Added Ingredients: Commercially available cashew milk often contains added ingredients such as sweeteners, salt, flavorings, and preservatives, which can be harmful to dogs. If you choose to give your dog cashew milk, opt for unsweetened and unflavored varieties, and check the ingredient list carefully. Calorie Content: While cashew milk is typically lower in calories compared to cow’s milk, it can still contribute to your dog’s overall calorie intake. It’s important to account for this when determining your dog’s daily food allowance, especially if your dog is overweight or has a tendency to gain weight. Nutrient Intake: Cashew milk doesn’t offer the same nutritional profile as whole cashews. It’s lower in protein and can be lower in other nutrients unless fortified. It should not be relied upon as a primary nutrient source for your dog. Allergic Reactions: As with whole cashews, be watchful for any signs of an allergic reaction, such as itching, swelling, hives, or digestive upset. Moderation: As with any treat or non-essential addition to your dog’s diet, cashew milk should be given in moderation. Consult Your Veterinarian: If you have any concerns or questions about introducing cashew milk or any new food into your dog’s diet, it’s always best to consult with your veterinarian. Remember, while cashew milk can be a safe treat for dogs in small amounts, it is not a necessary part of their diet and should be given as an occasional treat rather than a staple.Yes, dogs can consume cashew yogurt in moderation, but similar guidelines to those for cashew milk apply. Ensure the yogurt is plain, unsweetened, and free of harmful additives, especially artificial sweeteners like xylitol, which is toxic to dogs. The calorie content in cashew yogurt should be considered to avoid overfeeding, and portion sizes should be kept small. Monitor for any signs of allergic reactions and consult your veterinarian if your dog has specific dietary needs or health concerns. Like cashew milk, cashew yogurt should be given as an occasional treat rather than a staple in your dog’s diet.While many nuts can pose risks to dogs due to their high fat content, difficulty in digestion, and potential for causing obstructions, some nuts are generally safer than others when given in moderation. Here are a few nuts that are typically less harmful to dogs, along with some precautions: Peanuts: Peanuts are generally safe for dogs as they are non-toxic. Offer unsalted, unflavored peanuts, and avoid giving them with the shell. Be cautious, as some dogs may be allergic to peanuts. Cashews: As previously mentioned, cashews are typically safe in small quantities. They should be unsalted and given sparingly due to their high fat content. Macadamia Nuts: These nuts are highly toxic to dogs and can cause weakness, vomiting, tremors, and hyperthermia. Walnuts: Walnuts, especially black walnuts, can be toxic to dogs due to a toxin called juglone, leading to gastrointestinal distress or seizures. Pecans: Dogs should not eat pecans as they can contain a toxin produced by a fungus (aflatoxin), which can be harmful to dogs. They can also lead to gastrointestinal upset and obstructions. Almonds: Almonds are generally not safe for dogs as they can pose risks such as obstruction, pancreatitis, and digestive issues. Quantity: Always limit the quantity, as nuts are high in fats and can lead to weight gain and pancreatitis. Preparation: Choose plain, unsalted, and unseasoned varieties. Avoid any nuts coated with chocolate, spices, or other flavorings. Allergies: Be aware that dogs, like humans, can have nut allergies. Monitor for any signs of allergic reactions. Choking Hazard: Always chop nuts into smaller, manageable pieces to avoid choking or obstruction hazards. Consultation: Before introducing any new food items, including nuts, to your dog’s diet, it’s wise to consult with your veterinarian. While some nuts are less harmful than others, they should always be given as an occasional treat and not as a regular part of a dog’s diet. Dogs have different nutritional needs than humans, and their primary nutrition should come from high-quality dog food formulated to meet those needs. If your dog ate a small amount of plain cashews, they will likely be fine, but monitor them for signs of stomach upset or allergic reactions. If they consumed a large quantity, or cashews with salt, seasoning, or chocolate, contact your veterinarian for advice. Macadamia nuts are highly toxic to dogs and can cause vomiting, weakness, tremors, and fever. Other nuts, like walnuts, pecans, and moldy nuts, can also be dangerous due to toxins or potential mold contamination. It depends on the nut, but most roasted nuts are not recommended for dogs because they are often salted or flavored with harmful seasonings. Additionally, their high fat content can contribute to digestive issues and pancreatitis if eaten in large amounts. Yes, cashews can cause an allergic reaction in some dogs, though nut allergies are relatively rare. Signs of an allergic reaction may include itching, swelling, hives, vomiting, diarrhea, or difficulty breathing. If your dog shows any of these symptoms after eating cashews, stop feeding them and contact your veterinarian immediately. Curious about what other foods dogs can eat? Check out these related articles below: Carol BryantCarol Bryant is the founder FidoseofReality.com and SmartDogCopy.com. A pet product expert, Carol is the Past President of the Dog Writers Association of America (DWAA) and winner of Best Dog Blog. A dog lover of the highest order is how Gayle King introduced Carol when she appeared with her Cocker Spaniel on Oprah Radio’s Gayle King Show to dish dogs. She helps pet, animal, and lifestyle brands achieve copywriting and content marketing success using well-trained words that work and is well-known in the pet industry.Learn more AKC PUPDATE newsletter!","textSubheader":"Covering day 1 to 18 months; get essential info about puppy health, training, socialization and more.","breeds":[{"label":"Affenpinscher","value":"Affenpinscher"},{"label":"Afghan Hound","value":"Afghan Hound"},{"label":"Airedale Terrier","value":"Airedale Terrier"},{"label":"Akita","value":"Akita"},{"label":"Alaskan Klee Kai","value":"Alaskan Klee Kai"},{"label":"Alaskan Malamute","value":"Alaskan Malamute"},{"label":"American Bulldog","value":"American Bulldog"},{"label":"American English Coonhound","value":"American English Coonhound"},{"label":"American Eskimo Dog","value":"American Eskimo Dog"},{"label":"American Foxhound","value":"American Foxhound"},{"label":"American Hairless Terrier","value":"American Hairless Terrier"},{"label":"American Leopard Hound","value":"American Leopard Hound"},{"label":"American Staffordshire Terrier","value":"American Staffordshire Terrier"},{"label":"American Water Spaniel","value":"American Water Spaniel"},{"label":"Anatolian Shepherd Dog","value":"Anatolian Shepherd Dog"},{"label":"Appenzeller Sennenhund","value":"Appenzeller Sennenhund"},{"label":"Australian Cattle Dog","value":"Australian Cattle Dog"},{"label":"Australian Kelpie","value":"Australian Kelpie"},{"label":"Australian Shepherd","value":"Australian Shepherd"},{"label":"Australian Stumpy Tail Cattle Dog","value":"Australian Stumpy Tail Cattle Dog"},{"label":"Australian Terrier","value":"Australian Terrier"},{"label":"Azawakh","value":"Azawakh"},{"label":"Barbado da Terceira","value":"Barbado da Terceira"},{"label":"Barbet","value":"Barbet"},{"label":"Basenji","value":"Basenji"},{"label":"Basset Fauve de Bretagne","value":"Basset Fauve de Bretagne"},{"label":"Basset Hound","value":"Basset Hound"},{"label":"Bavarian Mountain Scent Hound","value":"Bavarian Mountain Scent Hound"},{"label":"Beagle","value":"Beagle"},{"label":"Bearded Collie","value":"Bearded Collie"},{"label":"Beauceron","value":"Beauceron"},{"label":"Bedlington Terrier","value":"Bedlington Terrier"},{"label":"Belgian Laekenois","value":"Belgian Laekenois"},{"label":"Belgian Malinois","value":"Belgian Malinois"},{"label":"Belgian Sheepdog","value":"Belgian Sheepdog"},{"label":"Belgian Tervuren","value":"Belgian Tervuren"},{"label":"Bergamasco Sheepdog","value":"Bergamasco Sheepdog"},{"label":"Berger Picard","value":"Berger Picard"},{"label":"Bernese Mountain Dog","value":"Bernese Mountain Dog"},{"label":"Bichon Frise","value":"Bichon Frise"},{"label":"Biewer Terrier","value":"Biewer Terrier"},{"label":"Black and Tan Coonhound","value":"Black and Tan Coonhound"},{"label":"Black Russian Terrier","value":"Black Russian Terrier"},{"label":"Bloodhound","value":"Bloodhound"},{"label":"Blue Picardy Spaniel","value":"Blue Picardy Spaniel"},{"label":"Bluetick Coonhound","value":"Bluetick Coonhound"},{"label":"Boerboel","value":"Boerboel"},{"label":"Bohemian Shepherd","value":"Bohemian Shepherd"},{"label":"Bolognese","value":"Bolognese"},{"label":"Border Collie","value":"Border Collie"},{"label":"Border Terrier","value":"Border Terrier"},{"label":"Borzoi","value":"Borzoi"},{"label":"Boston Terrier","value":"Boston Terrier"},{"label":"Bouvier des Ardennes","value":"Bouvier des Ardennes"},{"label":"Bouvier des Flandres","value":"Bouvier des Flandres"},

dogs, so if your pup should be OK if they manage to swallow one. Can Dogs Eat Cashews? Cashews are generally safe for dogs to eat, outside of the considerations mentioned above. Can Dogs Eat Pecans? Pecans are generally safe for dogs to eat, outside of the considerations mentioned above. Can Dogs Eat Almonds? Almonds, with or without their shells, can be choking hazards for dogs due to their size and shape. But you can safely give your dog a lick of almond butter as a treat or with their medications—as long as it has no harmful additives. Featured Image: iStock/g-stockstudio Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the licensor permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Flowering plant in the family Anacardiaceae Cashew Ripe fruit and attached drupe, which contains the edible seed Conservation status Least Concern (IUCN 3.1)[1] Scientific classification Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Clade: Rosids Order: Sapindales Family: Anacardiaceae Genus: Anacardium Species: A. occidentale Binomial name Anacardium occidentaleL. Cashew is the common name of a tropical evergreen tree Anacardium occidentale, in the family Anacardiaceae. It is native to South America and is the source of the cashew nut and the cashew apple, an accessory fruit. The tree can grow as tall as 14 meters (46 feet), but the dwarf cultivars, growing up to 6 m (20 ft), prove more profitable, with earlier maturity and greater yields. The cashew nut is edible and is eaten on its own as a snack, used in recipes, or processed into cashew cheese or cashew butter. The nut is often simply called a 'cashew'. The cashew apple is a light reddish to yellow fruit, whose pulp and juice can be processed into a sweet, astringent fruit drink or fermented and distilled into liquor. In 2023, 3.9 million tons of cashew nuts were harvested globally, led by the Ivory Coast and India. In addition to the nut and fruit, the shell yields derivatives used in lubricants, waterproofing, and paints.[2] The cashew tree is large and evergreen, growing to 14 metres (46 feet) tall, with a short, often irregularly shaped trunk.[3] The leaves are spirally arranged, leathery textured, elliptic to obovate, 4–22 centimetres (1+1⁄2–8+3⁄4 inches) long and 2–15 cm (3⁄4–6 in) broad, with smooth margins. The flowers are produced in a panicle or corymb up to 26 cm (10 in) long; each flower is small, pale green at first, then turning reddish, with five slender, acute petals 7–15 millimeters (1⁄4–5⁄8 in) long. The largest cashew tree in the world covers an area around 7,500 m2 (81,000 sq ft) and is located in Natal, Brazil.[citation needed] The fruit of the cashew tree is an accessory fruit (sometimes called a pseudocarp or false fruit).[4][5] What appears to be the fruit is an oval or pear-shaped structure, a hypocarpium, that develops from the pedicel and the receptacle of the cashew flower.[6][7][3] Called the cashew apple, better known in Central America as marañón, it ripens into a yellow or red structure about 5–11 cm (2–4+1⁄4 in) long.[4][7] The true fruit of the cashew tree is a kidney-shaped or boxing glove-shaped drupe that grows at the end of the cashew apple.[4] The drupe first develops on the tree and then the pedicel expands to become the cashew apple.[4] The drupe becomes the true fruit, a single shell-encased seed, which is often considered a nut in the culinary sense.[4][7][8] The seed is surrounded by a double-shell that contains an allergenic phenolic resin,[7] anacardic acid - which is a potent skin irritant[3] chemically related to the better-known and also toxic allergenic oil urushiol, which is found in the related poison ivy and lacquer tree. Botanical illustration Tree in Mozambique, southeastern Africa Trunk in Bangladesh Flowers Pollen grains of Cashew tree Young fruits Fruits sold as produce The English name derives from the Portuguese name for the fruit of the cashew tree: Caju (Portuguese pronunciation: [kaˈʒu]), also known as acaju, which itself is from the Tupi word acajú, literally meaning "nut that produces itself".[4][5] The generic name Anacardium is composed of the Greek prefix ana- (ἀνά-, aná, 'up, upward'), the Greek cardia (καρδία, kardía, 'heart'), and the Neo-Latin suffix -ium. It possibly refers to the heart shape of the fruit,[9] to "the top of the fruit stem"[10] or to the seed.[11] The word anacardium was earlier used to refer to Semecarpus anacardium (the marking nut tree) before Carl Linnaeus transferred it to the cashew; both plants are in the same family.[12] The epithet occidentale derives from the Western (or Occidental) world.[13] The plant has diverse common names in various languages among its wide distribution range,[5] including anacardier (French) with the fruit referred to as pomme de cajou,[14] caju (Portuguese pronunciation: [kaˈʒu]), or acaju (Portuguese).[4][5] The species is native to tropical South America[15] and later was distributed around the world in the 1500s by Portuguese explorers.[4][16][7] Portuguese colonists in Brazil began exporting cashew nuts as early as the 1550s.[17] The Portuguese took it to Goa, formerly Estado da Índia Portuguesa in India, between 1560 and 1565. From there, it spread throughout Southeast Asia and eventually Africa.[citation needed] Cashew production(with shell) 2023 Country Tonnes Ivory Coast 1,044,450 India 782,000 Vietnam 347,634 Indonesia 164,152 Philippines 136,264 World 3,934,839 Source: FAOSTAT of the United Nations[18] The cashew tree is cultivated in the tropics between 25°N and 25°S, and is well-adapted to hot lowland areas with a pronounced dry season, where the mango and tamarind trees also thrive.[19] The traditional cashew tree is tall, up to 14 m (46 ft), requiring three years from planting before it starts production, and eight years before economic harvests.[20][21] More recent breeds, such as the dwarf cashew trees, are up to 6 m (20 ft) tall and start producing after the first year, with economic yields after three years. The cashew nut yields for the traditional tree are about 0.25 t (0.25 long tons; 0.28 short tons) per hectare, in contrast to over a ton per hectare for the dwarf variety. Grafting and other modern tree management technologies improve and sustain cashew nut yields in commercial orchards.[20][22] In 2023, global production of cashew nuts (as the kernel) was 3.9 million tonnes, led by Ivory Coast and India with a combined 46% of the world total (table). Almost all cashews produced in Africa between 2000 and 2019 were exported as raw nuts which are much less profitable than shelled nuts.[23] One of the goals of the African Cashew Alliance is to promote Africa's cashew processing capabilities to improve the profitability of Africa's cashew industry.[24] Half of the world's cashews were sold by American retailer Costco, as of 2025.[25] Some people are allergic to cashews, but they are a less frequent allergen than other tree nuts or peanuts.[26] For up to 6% of children and 3% of adults, consuming cashews may cause allergic reactions, ranging from mild discomfort to life-threatening anaphylaxis.[27][28][29][30] These allergies are triggered by the proteins found in tree nuts, and cooking often does not remove or change these proteins.[31] Reactions to cashew and tree nuts can also occur as a consequence of hidden nut ingredients or traces of nuts that may inadvertently be introduced during food processing, handling, or manufacturing.[28][29] The shell of the cashew nut contains oil compounds that can cause contact dermatitis similar to poison ivy, primarily resulting from the phenolic lipids, anacardic acid, and cardanol.[7][32] Because it can cause dermatitis, cashews are typically not sold in the shell to consumers.[33] Readily and inexpensively extracted from the waste shells, cardanol is under research for its potential applications in nanomaterials and biotechnology.[34] Cashews, rawNutritional value per 100 g (3.5 oz)Energy553 kcal (2,310 kJ)Carbohydrates30.19 gStarch23.49 gSugars lactose5.91 g 0.00 gDietary fiber3.3 g Fat43.85 gSaturated7.783 gMonounsaturated23.797 gPolyunsaturated7.845 g Protein18.22 g Vitamins and minerals VitaminsQuantity %DV†Vitamin A0 IUThiamine (B1)35% 0.423 mgRiboflavin (B2)4% 0.058 mgNiacin (B3)7% 1.062 mgPantothenic acid (B5)17% 0.86 mgVitamin B625% 0.417 mgFolate (B9)6% 25 µgVitamin B120% 0 µgVitamin C1% 0.5 mgVitamin D0% 0 µgVitamin E6% 0.90 mgVitamin K28% 34.1 µg MineralsQuantity %DV†Calcium3% 37 mgCopper244% 2.2 mgIron37% 6.68 mgMagnesium70% 292 mgManganese72% 1.66 mgPhosphorus47% 593 mgPotassium22% 660 mgSelenium36% 19.9 µgSodium1% 12 mgZinc53% 5.78 mg Other constituentsQuantityWater5.20 g Link to USDA Database entry†Percentages estimated using US recommendations for adults,[35] except for potassium, which is estimated based on expert recommendation from the National Academies.[36] Raw cashew nuts are 5% water, 30% carbohydrates, 44% fat, and 18% protein (table). In a 100-gram reference amount, raw cashews provide 553 kilocalories, 67% of the Daily Value (DV) in total fats, 36% DV of protein, 13% DV of dietary fiber, and 11% DV of carbohydrates.[37] Cashew nuts are rich sources (20% or more of the DV) of dietary minerals, including particularly copper, manganese, phosphorus, and magnesium (79-110% DV), and of thiamin, vitamin B6, and vitamin K (32-37% DV).[37] Iron, potassium, zinc, and selenium are present in significant content (14-61% DV) (table).[37] Cashews (100g, raw) contain 113 milligrams (1.74 gr) of beta-sitosterol.[37] Culinary uses for cashew seeds in snacking and cooking are similar to those for all tree seeds called nuts.[4][7] Cashews are commonly used in Indian cuisine, whole for garnishing sweets or curries, or ground into a paste[7] that forms a base of sauces for curries (e.g., korma), or some sweets (e.g., kaju barfi). It is also used in powdered form in the preparation of several Indian sweets and desserts. In Goan cuisine, both roasted and raw kernels of Goa Kaju are used whole for making curries and sweets. Cashews are also used in Thai and Chinese cuisines, generally in whole form. In the Philippines, cashew is a known product of Antipolo and is eaten with suman. The province of Pampanga also has a sweet dessert called turrones de casuy, which is cashew marzipan wrapped in white wafers. In Indonesia, roasted and salted cashews are called kacang mete or kacang mede, while the cashew apple is called jambu monyet (lit. 'monkey rose apple').[citation needed] In the 21st century, cashew cultivation increased in several African countries to meet the manufacturing demands for cashew milk, a plant milk alternative to dairy milk.[38] In Mozambique, bolo polana is a cake prepared using powdered cashews and mashed potatoes as the main ingredients. This dessert is common in South Africa.[39] Women shelling cashews in Burkina Faso, West Africa A woman using a machine to shell cashews in Thailand, wearing gloves to protect against contact dermatitis Salted, roasted cashew nuts Cashew sprouts are eaten raw or cooked. The cashew nut kernel has a slight curvature and two cotyledons, each representing around 20-25% of the weight of the nut. It is encased in a reddish-brown membrane called a husk, which accounts for approximately 5% of the total nut. Cashew nut husk is used in emerging industrial applications, such as an adsorbent, composites, biopolymers, dyes, and enzyme synthesis.[40] See also: Cajuína The mature cashew apple can be eaten fresh, cooked in curries, or fermented into vinegar, citric acid,[41] or an alcoholic drink.[7] It is also used to make preserves, chutneys, and jams in some countries, such as India and Brazil.[7] In many countries, particularly in South America, the cashew apple is used to flavor drinks, both alcoholic and nonalcoholic.[4][3] In Brazil, cashew fruit juice and fruit pulp are used to make sweets, and juice mixed with alcoholic beverages such as cachaça, and as flour, milk, or cheese.[42] In Panama, the cashew fruit is cooked with water and sugar for a prolonged time to make a sweet, brown, paste-like dessert called dulce de marañón (marañón being a Spanish name for cashew).[43] Cashew nuts are more widely traded than cashew apples, because the fruit, unlike the nut, is easily bruised and has a very limited shelf life.[44] Cashew apple juice, however, may be used for manufacturing blended juices.[44] When the apple is consumed, its astringency is sometimes removed by steaming the fruit for five minutes before washing it in cold water. Steeping the fruit in boiling salt water for five minutes reduces the astringency.[45] In Cambodia, where the plant is usually grown as an ornamental rather than an economic tree, the fruit is a delicacy and is eaten with salt.[14] In the Indian state of Goa, the ripened cashew apples are mashed, and the juice, called "neero", is extracted and kept for fermentation[7] for a few days. This fermented juice then undergoes a double distillation process. The resulting beverage is called feni or fenny. Feni is about 40-42% alcohol (80-84 proof). The single-distilled version is called urrak, which is about 15% alcohol (30 proof).[46] In Tanzania, the cashew apple (bibo in Swahili) is dried and reconstituted with water and fermented, then distilled to make a strong liquor called gongo.[47] Distilling cashew apple liquor (muchekele) in Mozambique, southeastern Africa Cashew apples spread for drying and subsequent storage before reconstitution in water and later fermentation, Mozambique Cashew nut oil is a dark yellow oil derived from pressing the cashew nuts (typically from lower-value broken chunks created accidentally during processing) and used for cooking or salad dressing. The highest quality oil is produced from a single cold pressing.[48] See also: Urushiol Cashew nutshell liquid (CNSL) or cashew shell oil (CAS registry number 8007-24-7) is a natural resin with a yellowish sheen found in the honeycomb structure of the cashew nutshell, and is a byproduct of processing cashew nuts. Since it is a strong irritant, it should not be confused with edible cashew nut oil. It is dangerous to handle in small-scale processing of the shells, but is itself a raw material with multiple uses.[34] It is used in tropical folk medicine and for anti-termite treatment of timber.[49] Its composition varies depending on how it is processed. Cold, solvent-extracted CNSL is mostly composed of anacardic acids (70%),[50] cardol (18%), and cardanol (5%).[34][51] Heating CNSL decarboxylates the anacardic acids, producing a technical grade of CNSL that is rich in cardanol. Distillation of this material gives distilled, technical CNSL containing 78% cardanol and 8% cardol (cardol has one more hydroxyl group than cardanol).[51] This process also reduces the degree of thermal polymerization of the unsaturated alkyl-phenols present in CNSL. Anacardic acid is also used in the chemical industry for the production of cardanol, which is used for resins, coatings, and frictional materials.[50][51] These substances are skin allergens, like lacquer and the oils of poison ivy, and they present a danger during manual cashew processing.[49] This natural oil phenol has interesting chemical structural features that can be modified to create a wide spectrum of biobased monomers. These capitalize on the chemically-versatile construct, which contains three functional groups: The aromatic ring, the hydroxyl group, and the double bonds in the flanking alkyl chain. These include polyols, which have recently seen increased demand for their biobased origin and key chemical attributes such as high reactivity, range of functionalities, reduction in blowing agents, and naturally occurring fire retardant properties in the field of rigid polyurethanes, aided by their inherent phenolic structure and larger number of reactive units per unit mass.[34] CNSL may be used as a resin for carbon composite products.[52] CNSL-based novolac is another versatile industrial monomer deriving from cardanol typically used as a reticulating agent (hardener) for epoxy matrices in composite applications[53] providing good thermal and mechanical properties to the final composite material.[54] Discarded cashew nuts are unfit for human consumption and the residues of oil extraction from cashew kernels can be fed to livestock. Animals can also eat the leaves of cashew trees.[55] In addition to its nut and fruit, the plant has several other uses. In Cambodia, the bark gives a yellow dye, the timber is used in boat-making, and for house-boards, and the wood makes excellent charcoal.[14] The shells yield a black oil used as a preservative and water-proofing agent in varnishes, cement, and as a lubricant or timber seal.[7] Timber is used to manufacture furniture, boats, packing crates, and charcoal.[7] Its juice turns black on exposure to air, providing an indelible ink.[7] List of culinary nuts Semecarpus anacardium (the Oriental Anacardium), a native of India and closely related to the cashew ^ Barstow, M. (2021). "Anacardium occidentale". IUCN Red List of Threatened Species. 2021: e.T60761600A60761604. doi:10.2305/IUCN.UK.2021-3.RLTS.T60761600A60761604.en. Retrieved 16 April 2025. ^ Jostock, Carolyn (2008). Kinsbruner, Jay; Langer, Erick Detlef; Gale (Firm) (eds.). Encyclopedia of Latin American history and culture. Gale eBooks (2nd ed.). Detroit, Mich: Charles Scribner's Sons. p. 176. 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Wikibooks Cookbook has a recipe/module on Cashew Media related to Anacardium occidentale at Wikimedia Commons Retrieved from " Home » Can Dogs Eat Can Dogs Eat Cashews? Yes, cashews are generally safe for dogs to eat, unlike macadamia nuts, which are toxic to them. However, while cashews aren’t harmful in moderation, there are important guidelines to follow when offering them to your pup. Cashews are high in fat and calories, so it’s essential to serve them in small amounts and ensure they are unsalted and unseasoned. By keeping these precautions in mind, you can safely share a cashew or two with your dog as an occasional treat. Yes, dogs can eat cashews in moderation, but there are some risks to be aware of, including pancreatitis, obesity, choking hazards, and salt toxicity. While cashews are nontoxic to dogs, they do come with some risks that pet owners should consider. Cashews are high in fat and protein, which can cause digestive issues if fed in large quantities. High-fat foods like cashews can lead to pancreatitis, a potentially life-threatening condition that requires immediate veterinary care. Additionally, frequent consumption of fatty foods can contribute to obesity, increasing your dog’s risk of developing conditions like diabetes or joint problems. Another concern is the presence of other nuts in cashew mixes, especially during the holiday season when variety packs are common. Some nuts, such as macadamia nuts, are toxic to dogs, and all nuts can be choking hazards. This is particularly dangerous for small dogs, but large breeds can also be at risk, especially if the nuts are large or hard to chew. Lastly, cashews are often salted, and too much salt can lead to salt toxicity. Symptoms of salt toxicity in dogs include vomiting, weakness, diarrhea, muscle tremors, and in severe cases, seizures. To keep your dog safe, limit their intake of cashews and ensure they are unsalted, served in small amounts. Always consult your veterinarian before introducing any new food into your dog’s diet. While cashews are not high in fiber, they are packed with beneficial nutrients that can support your dog’s overall health. Here are some of the key benefits of offering cashews as an occasional treat: Rich in Essential Nutrients: Cashews are a great source of protein and provide vital nutrients such as vitamin K, which supports blood clotting and bone health. Vitamin K may also help reduce the risk of certain cancers. Additionally, cashews are loaded with important minerals like calcium, copper, magnesium, iron, manganese, phosphorus, and zinc, which contribute to your dog’s healthy growth and vitality. Antioxidant Support: Cashews are rich in antioxidants, which play a crucial role in protecting your dog’s body from oxidative stress. These antioxidants help support heart health, protect against inflammation, and may lower the risk of certain cancers, contributing to a longer, healthier life. Omega-3 and Omega-6 Fatty Acids: These healthy fats help regulate your dog’s immune system and manage inflammation. Omega-3 and omega-6 fatty acids also promote a shiny, healthy coat and skin, giving your dog a lustrous, smooth appearance while keeping irritation and dryness at bay. Remember, while cashews offer several health benefits, they should be given in moderation to avoid potential risks. While cashews can be a nutritious snack in moderation, feeding too many to your dog can lead to several health issues. Here are five potential risks to be aware of: Gastrointestinal Distress: Cashews are rich in protein and fat, which can be too rich for your dog’s stomach. Overindulgence may lead to digestive upset, causing symptoms like vomiting, diarrhea, or bloating, particularly if your dog consumes a large quantity at once. Obesity: Due to their high calorie content, cashews can contribute to weight gain if fed too frequently. Regularly offering these fatty treats can increase the risk of obesity, which can lead to other health problems like joint issues, diabetes, and reduced mobility. Pancreatitis: Cashews’ high fat content can put extra strain on your dog’s pancreas, which is responsible for processing fats. Overloading the pancreas can lead to inflammation, known as pancreatitis, a potentially life-threatening condition that requires immediate veterinary attention. Allergic Reactions: Although rare, some dogs may be allergic to cashews. Symptoms of an allergic reaction include itching, hives, or swelling. Always monitor your dog closely the first time you offer any new food, including cashews, to ensure they don’t experience an adverse reaction. Bladder Stones: Cashews contain oxalates, compounds that can contribute to the formation of bladder stones. High oxalate intake, especially in larger quantities, can increase your dog’s risk of developing painful urinary issues, so it’s important to keep cashew consumption to a minimum. To keep your dog safe, it’s crucial to offer cashews sparingly and observe how they react to this treat. If in doubt, consult with your veterinarian before introducing new foods to your pet’s diet. Related Post: Can Dogs Eat Brazil Nuts? Risks & Safety Explained If you’re offering your dog cashews for the first time, it’s essential to monitor their reaction closely and watch for any signs of an allergic reaction. Here are some important guidelines to follow to ensure you’re feeding cashews safely: Check for Mold: Cashews can sometimes harbor mold, which may contain aflatoxin, a toxic substance that can lead to digestive issues and even more serious health problems. Always inspect the nuts carefully before giving them to your dog. Choose Plain, Raw or Roasted Cashews: Stick to simple, unsalted cashews that are either raw or roasted. Many commercially available nuts are salted or flavored with additives that are harmful to dogs. Avoid cashews with any seasoning or extra flavorings, as these can upset your dog’s stomach or lead to more serious health concerns. Remove the Shells: Always make sure the cashews are free from shells or shell fragments. Cashew shells are not only tough and hard to digest, but they also contain anacardic acid, a potentially toxic substance. Shells can also be a choking hazard, especially for smaller dogs. Feed in Moderation: Cashews should only make up a small part of your dog’s diet. Following the “10 percent rule” is key—only 10% of your dog’s diet should come from treats or snacks, including cashews. The remaining 90% should come from their regular, balanced, vet-approved dog food. By following these simple guidelines, you can safely incorporate cashews into your dog’s diet as an occasional treat, ensuring they get the nutritional benefits without the risks. Always consult your vet if you’re unsure about adding new foods to your dog’s routine. Both cashew milk and cashew butter can be safe for dogs when given in moderation. Like the whole nuts, these cashew-based products are generally fine in small amounts. However, it’s important to check the ingredients carefully before sharing them with your pup. Many nut butters, for instance, contain xylitol, a sweetener that is highly toxic to dogs. Additionally, added oils and excessive sugars can lead to digestive issues or unhealthy weight gain, so it’s best to choose plain, unsweetened options without any harmful additives. While some human foods may be safe for dogs, others can cause adverse reactions. Always consult with your veterinarian before introducing any new food into your dog’s diet. This article is intended for educational purposes only and should not replace professional medical or dietary advice. Yes, dogs can eat cashews! Unlike macadamia nuts, which are toxic, cashews are generally safe. But before sharing, there are a few things to keep in mind—like portion size and avoiding added salt or flavors. A few plain cashews here and there are fine, but moderation is key! Cashews aren’t toxic to dogs, but they can be bad if overfed. Their high fat content may lead to weight gain, pancreatitis, or digestive issues. Salted or flavored cashews can also cause dehydration. To be safe, only offer plain, unsalted cashews in small amounts—or avoid them altogether. Small dogs can have one to two cashews, while larger dogs can eat up to five to ten in a day. Cashews should be an occasional treat, making up no more than 10% of daily calories. Always choose plain, unsalted cashews and watch for any signs of stomach upset. If a dog eats too many cashews, they may have vomiting, diarrhea, or stomach pain due to the high fat content. Over time, this can lead to pancreatitis, weight gain, or diabetes. Always feed plain, unsalted cashews in small amounts and watch for any signs of digestive issues. No, cashews aren’t toxic to dogs, but they’re high in fat and can cause digestive issues if overfed. Always choose plain, unsalted cashews and feed them in moderation. Watch for signs of stomach upset like vomiting or diarrhea, and avoid cashews if your dog has pancreatitis or weight issues. Yes, puppies can eat plain, unsalted cashews, but only in tiny amounts. They can be a choking hazard and may cause stomach upset or allergies. Always introduce new foods slowly and consult your vet before feeding cashews to ensure they’re safe for your puppy’s diet. Cashews are nuts that are buttery, while also sweet and salty, making them one of the tastiest nuts to eat. This nut is a great snack on its own but can also be used to dress up meals and top off desserts. Cashews are low in fiber, but full of other essential vitamins and nutrients for people. But can dogs eat cashews, or are cashews bad for dogs? If you've been wondering, “can I give my dog cashews,” the answer is YES – but only in very small amounts. While cashews may not be as dangerous to dogs as some other nuts like macadamia nuts, moderation is still key and only a limited amount can be given. In this article, we'll take a closer look at the cashew nut, can dogs have cashews and how much, are cashews bad for dogs and why, and are cashews good for dogs and what are the benefits dogs get from consuming this nut. ALSO READ: Can Dogs Eat Peanuts or Are Peanuts Bad for Dogs? What are cashews? Cashew nuts, grown on cashew nut trees native to subtropical climates, are tasty and nutritious. They are a staple in many international foods, including vegan dishes, and Indian and South Asian foods. Cashews offer a variety of nutritional benefits from vital minerals and vitamins to lowering the risk for cardiovascular disease. This is what cashews look like: They are one of the tastiest nuts out there and a very popular choice in America. But can dogs eat cashews and are cashews good for dogs so that they can reap some of the benefits? Similarly, are cashews bad for dogs and what are the dangers? Let's see. RELATED: Can Dogs Have Jell-O? Cashews 101 for Dogs Can Dogs Eat Cashews? So, can dogs eat cashews and are cashews safe for dogs to consume? Technically, yes – your dog can eat cashews but only in very limited amounts. Cashews are non toxic to dogs, however, moderation is a must for cashews and dogs, and some important guidelines should be followed. It's true that cashews may provide some of the same nutritional benefits to dogs as they do people, but they are still high in fats and can cause health concerns if fed in large quantities. Additionally, be sure only to feed your dog cashews that are roasted, not ones that are salted, sugared, or seasoned as those can cause health concerns. There is some science on the health benefits of cashews. Here's what we know: Cashews may improve blood pressure (1) Cashews are high in antioxidants (2) There isn't as much research on the cashew nut as there is available on nuts like almonds, unfortunately. But it's theorized that cashews are generally good for people in moderate amounts. When it comes to dogs, remember that some canines can be allergic to cashews, so caution must be taken if you feed some of these nuts to your dog. If you feed your dog cashews, always be on the lookout for allergic reactions. In general, can dogs eat cashews without any issues if given in moderation? Are cashews bad for dogs in some circumstance? And are cashews good for dogs and what would be the benefit of feeding this nut to your canine companion? Here's what you should know. 4 Benefits of Cashews for Dogs 1. Cashews contain antioxidants that ease and prevent degenerative conditions. The antioxidants in cashews can help protect dogs from the aging process and ease the pain of conditions like arthritis and hip dysplasia through their anti-inflammatory properties. The risk of cancer and cardiovascular disease may be significantly reduced because of antioxidants as well. 2. The amount of omega-3 fatty acids in cashews promotes healthy skin and coat. The omega-3 fatty acids in cashews will help restore dry, flaky skin or brittle fur. Thick, healthy coats and healthy skin are the results of the addition of these fatty acids to a dog’s diet. 3. The super-v