Why Do Dogs Eat Grass?

POWER POOCHES

Dogs eat grass mostly because they like the taste and texture, or because it is a normal, natural behavior.



COMMON REASONS DOGS EAT GRASS

Taste and Texture:
Many dogs simply enjoy crunching on fresh, green grass—especially tender new shoots in the spring.

Boredom or Anxiety:
Dogs can start grazing when they lack mental or physical stimulation, or if they want your attention.

Dietary Fiber:
Grass provides roughage, which adds fiber to help support normal digestion.

Instinct:
Wild ancestors and wolves ate plants and grass to scavenge for extra nutrients, an instinct that modern dogs retain.

Upset Stomach (The Vomiting Myth):
People often think dogs eat grass to make themselves throw up when sick, but studies show fewer than 10% of dogs act sick before eating it, and less than 25% vomit afterward.

WHEN TO WORRY

Occasional grass eating is completely normal and harmless. However, you should watch out for:

Chemicals:
Avoid letting your dog eat grass treated with toxic lawn fertilizers, herbicides, or pesticides.

Obsessive Behavior:
Sudden, frantic, or heavy grass eating paired with vomiting, lethargy, or loss of appetiite can mean an underlying medical problem.



WHAT IF MY DOG VOMITS UP THE GRASS EVERY TIME?

If your dog regularly eats grass to induce vomiting or throws up every time they graze, it often indicates underlying low-grade nausea, a sensitive stomach, or gastrointestinal irritation.

The Irritation Cycle:
Even if they don't seem sick initially, the tough texture and long blades of grass can physically tickle or irritate the lining of their throat and stomach, actively triggering a reflex to throw up.

Underlying Nausea:
Dogs often seek out green plants when experiencing mild indigestion, acid reflux, or a mild tummy ache, using the grass as a fast way to empty their stomach and attempt to feel better.

Potential Triggers:
Frequent digestive upset can stem from food sensitivities, eating something outside, or a lack of sufficient dietary fiber.