People Foods to Avoid Feeding Your Pets

**KEEP YOUR DOGS AWAY FROM THESE...**

- **Alcohol**
  - Coma
  - Death
  - Intoxication

- **Avocado**
  - Contains persin:
  - Vomiting
  - Diarrhea

- **Raisins**
  - Currants
  - Kidney failure

- **Cooked Bones**
  - Stomach lacerations

- **Walnuts**
  - Macadamias
  - Nervous system
  - Muscle damage

- **Onions**
  - Too much garlic
  - Blood cell damage
  - Anemia

- **Dairy**
  - Too much:
  - Diarrhea

- **Grapes**
  - Kidney failure

- **Mushrooms**
  - Some varieties:
  - Shock
  - Death

- **Caffeine**
  - Vomiting
  - Diarrhea
  - Toxic to heart & nervous system

- **Xylitol**
  - (Sohn, candy etc.)
  - Liver failure
  - Hypoglycemia
  - Death

- **Chocolate**
  - Toxic to heart
  - & nervous system death

- **Medications**
  - (Tylenol, Advil etc.)
  - Kidney failure
  - GI ulcers

If you think your dog ate something dangerous, call your vet or:
- ASPCA Poison Control Hotline (888) 426-4435
- National Pet Poison Helpline (800) 213-6680

Illustration by Lili Chin | layout by Design Lab Creative Studio

Shared on: Dogs, Cats & Horses on FB
Our nutrition experts have put together a handy list of the top toxic people foods to avoid feeding your pet. As always, if you suspect your pet has eaten any of the following foods, please note the amount ingested and contact your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435.

Alcohol
Alcoholic beverages and food products containing alcohol can cause vomiting, diarrhea, decreased coordination, central nervous system depression, difficulty breathing, tremors, abnormal blood acidity, coma and even death. Under no circumstances should your pet be given any alcohol. If you suspect that your pet has ingested alcohol, contact your veterinarian or the ASPCA Animal Poison Control Center immediately.

Avocado
Avocado is primarily a problem for birds, rabbits, donkeys, horses, and ruminants including sheep and goats. The biggest concern is for cardiovascular damage and death in birds. Horses, donkeys and ruminants frequently get swollen, edematous head and neck.

Chocolate, Coffee and Caffeine
These products all contain substances called methylxanthines, which
are found in cacao seeds, the fruit of the plant used to make coffee, and in the nuts of an extract used in some sodas. When ingested by pets, methylxanthines can cause vomiting and diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death. Note that darker chocolate is more dangerous than milk chocolate. White chocolate has the lowest level of methylxanthines, while baking chocolate contains the highest.

Citrus
The stems, leaves, peels, fruit and seeds of citrus plants contain varying amounts of citric acid, essential oils that can cause irritation and possibly even central nervous system depression if ingested in significant amounts. Small doses, such as eating the fruit, are not likely to present problems beyond minor stomach upset.

Coconut and Coconut Oil
When ingested in small amounts, coconut and coconut–based products are not likely to cause serious harm to your pet. The flesh and milk of fresh coconuts do contain oils that may cause stomach upset, loose stools or diarrhea. Because of this, we encourage you to use caution when offering your pets these foods. Coconut water is high in potassium and should not be given to your pet.

Grapes and Raisins
Although the toxic substance within grapes and raisins is unknown, these fruits can cause kidney failure. Until more information is known about the toxic substance, it is best to avoid feeding grapes and raisins to dogs.
Macadamia Nuts
Macadamia nuts can cause weakness, depression, vomiting, tremors and hyperthermia in dogs. Signs usually appear within 12 hours of ingestion and can last approximately 12 to 48 hours.

Milk and Dairy
Because pets do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other dairy-based products cause them diarrhea or other digestive upset.

Nuts
Nuts, including almonds, pecans, and walnuts, contain high amounts of oils and fats. The fats can cause vomiting and diarrhea, and potentially pancreatitis in pets.
Onions, Garlic, Chives
These vegetables and herbs can cause gastrointestinal irritation and could lead to red blood cell damage. Although cats are more susceptible, dogs are also at risk if a large enough amount is consumed. Toxicity is normally diagnosed through history, clinical signs and microscopic confirmation of Heinz bodies.

Raw/Undercooked Meat, Eggs and Bones
Raw meat and raw eggs can contain bacteria such as Salmonella and E. coli that can be harmful to pets and humans. Raw eggs contain an enzyme called avidin that decreases the absorption of biotin (a B vitamin), which can lead to skin and coat problems. Feeding your pet raw bones may seem like a natural and healthy option that might occur if your pet lived in the wild. However, this can be very dangerous for a domestic pet, who might choke on bones, or sustain a grave injury should the bone splinter and become lodged in or puncture your pet’s digestive tract.

Salt and Salty Snack Foods
Large amounts of salt can produce excessive thirst and urination, or even sodium ion poisoning in pets. Signs that your pet may have eaten too many salty foods include vomiting, diarrhea, depression, tremors, elevated body temperature, seizures and even death. As such, we encourage you to avoid feeding salt-heavy snacks like potato chips, pretzels, and salted popcorn to your pets.

Xylitol
Xylitol is used as a sweetener in many products, including gum, candy, baked goods and toothpaste. It can cause insulin release in most species, which can lead to liver failure. The increase in insulin leads to hypoglycemia (lowered sugar levels). Initial signs of toxicosis include vomiting, lethargy and loss of coordination. Signs can progress to
seizures. Elevated liver enzymes and liver failure can be seen within a few days.

Yeast Dough
Yeast dough can rise and cause gas to accumulate in your pet’s digestive system. This can be painful and can cause the stomach to bloat, and potentially twist, becoming a life threatening emergency. The yeast produce ethanol as a by‐product and a dog ingesting raw bread dough can become drunk (See alcohol).

Common Foods Toxic to Cats & Dogs

- Alcoholic Drinks
- Aspartame
- Certain mushrooms found in nature
- Chives and onions
- Chocolates
- Coffee and other foods with caffeine
- Grapes and raisins
- Macadamia nuts and all moldy nuts
- Star Fruit
- Xylitol
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<tr>
<th>Dangerous Foods for Dogs</th>
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<td><strong>Human Vitamins &amp; Medications</strong></td>
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<td>- Damage to Kidneys &amp; Liver</td>
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<td>(Note: <em>unless part of a raw diet with correct handling &amp; preparation procedures.</em></td>
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<td><strong>Spoiled Food</strong></td>
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8 SOMETHING SURPRISING!
THANKSGIVING DAY FOODS
that can kill your dog.

1. Turkey Skin
   High fat foods, like that delicious turkey skin, can be extremely hazardous to your dog’s health. The skin holds any marinate, spices, butter and oils and is difficult to digest. High fat foods can lead to pancreatitis. Symptoms include vomiting, abdominal pain and lethargy.

2. Cooked Bones
   Cooked turkey and ham bones are NOT safe for dogs. They can splinter in the dog’s digestive tract and your holiday may include a pricey trip to the emergency room and worse. Dispose of bones carefully so that your pup isn’t tempted to eat them.

3. Onions & Garlic
   Onions and garlic contain sulfides, which are toxic to dogs, and can lead to anemia. Onions are more toxic than garlic and cooking them does not reduce their toxicity.

4. Alcohol
   Many dogs love the taste of beer, but this does not mean you should share your frosty brew with your best friend. Any alcohol, and particularly the hops in beer, is toxic and in some cases can cause death in dogs.

5. Nuts
   Specifically walnuts and macadamia nuts, and very dangerous for your dog. They could cause a toxic reaction called, “macadamia nut toxicosis.” Within 12 hours of eating them, dogs are unable to stand, vomiting, having tremors, fever, weakness and elevated heart rate. Usually symptoms go away but this can lead to deadly shock.

6. Nutmeg
   Used to spice sweet potatoes and pumpkin pie, nutmeg can cause seizures and central nervous system problems if your dog ingests it. In extreme cases, it can even cause death. Both sweet potatoes and pumpkin, in moderation, are good for your dog - just make sure they don’t have any nutmeg on them before you feed him any!

7. Sage
   Sage contains essential oils that can cause stomach upset. Best to keep this herb out of reach from your pup’s paws!

8. Chocolate, Dough, & Batter
   We all know chocolate is a no-no, but did you know that dough can actually rise inside your dog’s stomach, causing bloating and severe pain? Additionally, dough and batter contain raw eggs, which may contain Salmonella. Keep your furkid out of the kitchen while you bake and clean up any spills right away.

If you think that your pet may have ingested a potentially poisonous substance, call the ASPCA Animal Poison Control Center at (888) 426-4435
WHAT'S OKAY TO FEED FIDO?

**DO**
- Eggs
- Apple slices
- Chicken
- Green beans
- Salmon
- Oatmeal
- Grapes/raisins
- Sweet potatoes
- Peanut butter
- Yogurt

**DON'T**
- Caffeine
- Apricot
- Onions
- Garlic
- Salt
- Chocolate
- Alcoholic beverages

12 FOOD ITEMS DOGS AND CATS SHOULD NEVER EAT

- Grapes/raisins
- Raw eggs
- Chocolate
- Avocado
- Milk + dairy products
- Candy + gum
- Garlic + onions
- Caffeine
- Alcohol
- Raw yeast/bread dough
- Fat trimmings/bones
- Raw meat/fish

**ALSO BAD FOR CATS**
- Liver (small amounts are ok, but too much can cause vitamin A toxicity)

**ALSO BAD FOR DOGS**
- Macadamia nuts (causes nervous system damage)

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