



We all know that pets aren't supposed to have people food. But let's face it, sometimes it happens...something falls on the floor when you're cooking dinner, and Buddy is quickly there, vacuuming up the crumbs, or Felix steals something off the plate when you aren't looking...

There are some healthy "people foods" for pets (only small amounts– not replacements for pet food). But there are also many foods that can be dangerous to our feline friends and canine companions.

Recent alerts about unsafe commercial pet foods have sounded an alarm among pet owners. In order to properly feed your pets, you should first

have a basic knowledge of canine nutrition; and, even more importantly, a thorough knowledge of human foods that are harmful to dogs. Some foods which are safe for human consumption can be poisonous for our canine companions.

Keep these 25 toxic foods in mind when cooking. Dogs love to vacuum the kitchen floor where they know they can find free treats, and they don't know the difference between what's good for them and what is toxic. It is up to us as pet parents to keep our canine companions as safe as possible. There may be other foods that your dog can not consume; so always ask your vet when you are unsure about anything concerning your pets.

Here is a list to get you started:

**1. Onions** - Both onions and garlic contain the toxic ingredient Thiosulphate. But onions are more of a danger. Many dog biscuits contain \*small\* amounts of garlic – garlic contains less of this toxin so huge amounts would need to be consumed to be toxic. And, by the way, this poison builds up the system – it can be toxic in one large dose – or with repeated consumption of small amounts.

**2. Chocolate** - Chocolate contains Theobromine, a compound that is a cardiac stimulant and a diuretic. This can be fatal to dogs. Bakers Chocolate and Dark Chocolate are the most hazardous. No need to freak out if your dog ate a small amount of Milk Chocolate, or managed to sneak a lick off of your Chocolate ice cream cone.

**3. Grapes** - Grapes (in large quantities) are dangerous because of an unknown substance which is toxic to dogs – affects canine's kidneys.

**4. Raisins** - See above.

**5. Most Fruit Pits and Seeds** - Contain Cyanogenic Glycosides resulting in cyanide poisoning – though the fruit itself is OK.

**6. Macadamia Nuts** - Macadamia nuts contain an unknown substance that is toxic to dogs.

**7. Cooked Bones** – Most cooked bones should \*not\* be given (especially chicken bones) because they can splinter and cause laceration of the digestive system and/or become lodged in your pet's throat – so they also pose a choking hazard. Raw, meatless bones that have been rinsed in clear warm water and left to dry in the refrigerator are more acceptable. Make sure there are no cracks, ligaments or tendons left on the bone. The largest beef bone, the femur, is

the least likely to splinter. There are lots of vitamins and nutrients in the bone marrow, so consuming that part is fine. Simply refrigerate the bone between chewing times; don't leave it out to spoil. \*\* Pork bones of any kind are too soft to give to your dog for chewing.

**8. Potato Peelings and Green Potatoes** - Contain Oxalates, which can affect the digestive, nervous, and urinary systems.

**9. Rhubarb leaves** - See above.

**10. Broccoli** - Broccoli is only toxic in large quantities.

**11. Green parts of Tomatoes or Green Potatoes** - Contain oxalates, which can affect the digestive, nervous, and urinary systems.

**12. Yeast Dough** - Yeast Dough can produce gas and swell in your pet's stomach – leading to rupture of the digestive system.

**13. Coffee, Coffee Grounds, Tea, Soft Drinks** - Coffee, tea, & most soft drinks are dangerous due to the caffeine.

**14. Beer/Wine/Alcohol of any kind** - Alcohol of any kind could lead to coma or even death.

**15. Human Vitamins** - Human vitamins, especially those containing iron, can cause damage to the lining of the digestive system as well as cause kidney and liver damage.

**16. Moldy or Spoiled Food** - I think this goes without saying.

**17. Persimmons** - Persimmons can cause intestinal blockage.

**18. Raw Eggs and Raw Fish** - Raw eggs and some raw fish can cause Salmonella poisoning.

**19. Salt, Baking Soda, Baking Powder** - In large amounts these can cause an electrolyte imbalance – and severe electrolyte imbalances can lead to muscle spasm or even congestive heart failure.

**20. Mushrooms** - Mushrooms may contain toxins which could cause liver and kidney damage.

**21. Sugar-Free Foods** - Sugar-free foods containing Xylitol have been found to cause liver failure in some dogs.

**22. Nutmeg** - Nutmeg (in large quantities) can cause tremors, seizures, and central nervous system damage.

**23. Excessive Fatty Foods** - Excess fatty foods can cause Pancreatitis.

**24. Avocado** - Contains a toxin called Persin. All parts of the avocado and avocado tree are toxic to dogs. The Guatemalan variety, which is commonly found in stores, contains the most toxicity.

**25. Dairy Products** - Dairy products don't usually pose a great danger; but many dairy products have high fat content (see number 23) – and many pets are lactose intolerant – some pets more than others. Lactose intolerance leads to gas and diarrhea; though small amounts of yogurt and cheese are usually fairly well tolerated.