Human Foods Dangerous for Pets

- **Alcohol**: alcohol is dangerous for dogs to consume, and consumption may cause vomiting, diarrhea, lethargy, increased thirst, increased urination, dehydration, incoordination (seeming "drunk"), low body temperature, tremors, coma, seizures, and death.
- **Avocados**: avocados contain persin, which can cause stomach upset. Avocado pits are just the right size to get "stuck" in the gastrointestinal tract, too, causing a blockage that may require surgery.
- **Caffeine:** caffeine is a methylxanthine, which is toxic to dogs and cats. Caffeine can be found in coffee, tea, energy drinks, chocolate, and some dietary supplements and medications. Due to the presence of methylxanthines, symptoms of caffeine toxicosis may be similar to those described with chocolate toxicosis and include vomiting, diarrhea, increased thirst and urination, hyperactivity, tremors, incoordination, weakness, seizures, coma, increased heart rate, abnormal heart rhythms, and death.
- **Chocolate**: chocolate contains compounds called methylxanthines, which are toxic to dogs and cats. The amount of methylxanthines present in chocolate depends on the type; baker's and dark chocolates contain the highest quantity, while milk chocolate contains less and white chocolate contains virtually none. Chocolate ingestion can cause vomiting, diarrhea, increased thirst and urination, hyperactivity, tremors, incoordination, weakness, seizures, coma, increased heart rate, abnormal heart rhythms, and death.
- **Consumption of high-fat foods:** ingestion of a large quantity of dietary fat (e.g., bacon grease) is a risk factor for pancreatitis (inflammation of the pancreas) in dogs, which can be a life-threatening illness. Symptoms of pancreatitis may include vomiting, diarrhea, lethargy, loss of appetite, and abdominal pain.
- **Grapes, raisins, and currants**: grapes and raisins can be toxic to dogs (and possibly cats), and ingestion may lead to lethargy, vomiting, diarrhea, increased thirst, increased urination, and kidney failure. Symptoms of grape or raisin toxicosis may occur soon after ingestion, or may take several days to develop.
- **Macadamia nuts**: ingestion of macadamia nuts causes illness in dogs. Symptoms of macadamia nut toxicosis may include lethargy, weakness, vomiting, incoordination, tremors, and increased body temperature.
- **Milk and dairy products**: dogs lack the enzyme that breaks down milk sugars, so many dogs are lactose intolerant. Feeding more than a small amount of dairy products can cause gastrointestinal upset (e.g., vomiting or diarrhea). Full fat dairy products can also lead to problems such as pancreatitis.
- **Onions, garlic, leeks, and chives**: onions, garlic, leeks, and chives, which are herb and vegetable members of the genus *Allium*, are toxic to dogs and cats. Cooking and dehydration do not affect the degree of toxicity; onion and garlic powders are also hazardous. Each of these *Allium* species can cause damage to red blood cells (called hemolysis), which can result in anemia. Symptoms of *Allium* toxicosis may take several days to develop, and may include vomiting, diarrhea, lethargy, weakness, decreased appetite, rapid breathing, increased heart rate, jaundice (yellow pigmented skin and mucous membranes), and abnormally dark brown urine.
- **Raw bread dough**: within the stomach, yeast present in raw dough can ferment and produce ethanol, a form of alcohol that is toxic to dogs (and cats, but cats are less likely to be exposed). Additionally, as the dough expands, it can cause dangerous bloating of the stomach, which may lead to gastric dilation and volvulus (GDV) in at-risk dog breeds. Symptoms of raw bread dough ingestion may include nonproductive retching, lethargy, visible enlargement of the abdomen, weakness, incoordination, coma, seizures, or death.
- **Raw meats and eggs**: raw meats or eggs contain potentially harmful bacteria such as *Salmonella* or *E. coli* that can be harmful to pets, and to humans exposed during feeding or cleaning of animal wastes. For more information, as your veterinarian about the risks of raw foods.
- **Xylitol**: xylitol is a sugar-free sweetener that may be used in baking, sugar-free gum, breath mints, oral care products, and some medications. Xylitol is toxic to dogs and ingestion can cause rapid development of low blood sugar, lethargy, vomiting, incoordination, collapse, seizures, liver failure, or death.

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From Cohn and Côté: Clinical Veterinary Advisor, *4th edition. Copyright © 2020 by Elsevier Inc. All rights reserved.*