



# TOXIC & HAZARDOUS

## Food Guide for Pets

# 20

## foods to avoid feeding dogs and cats

Prevent accidental exposure and potential health risks to your four-legged companions

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### ★ MAIN COURSE MENACES ★

- Fatty foods & fat trimmings**  
Burgers, pizza, ribs, chicken wings, salmon, etc.  
*Upset stomach, nausea, vomiting, pancreatitis*
- Bones**  
Cooked, can splinter, causing internal lacerations, obstruction, choking  
*Vomiting, lethargy, diarrhea, abdominal discomfort, drooling*
- Raw meat & fish**  
Can contain salmonella and E. coli  
*Vomiting, fever, enlarged lymph nodes*
- Raw salmon** ⚠️  
Most common in the Pacific Northwest, freshwater fish carrying infected parasites can poison pets if eaten raw.  
*Vomiting, fever, diarrhea, weakness, swollen lymph nodes*
- Raw eggs**  
May contain harmful bacteria and risk of salmonella toxicity. Long-term ingestion of raw egg whites can lead to biotin deficiency.

### PERILOUS PRODUCE

- Onions, garlic, shallots, chives, leeks** ⚠️  
Small amount can damage red blood cells.  
*Panting, weakness, drooling, pale gums*
- Mushrooms** ⚠️  
Wild varieties can trigger numerous organ systems  
*Seizures, coma, vomiting*

### ♥ NOXIOUS SWEETS ♥

- Xylitol** ⚠️  
Sugar substitute in gum, candy, toothpaste, children's vitamins, some peanut butters  
*Vomiting, weakness, seizures, liver failure*
- Chocolate** ⚠️  
The quantity and level of cocoa will vary toxicity  
*Vomiting, diarrhea, tremors, hyperactivity, seizures*

### DEADLY DRINKS

- Alcohol (wine, liquor, beer)**  
Liquor-infused desserts can also be a culprit  
*Seizures, respiratory depression, altered activity, incoordination*
- Hops pellets** ⚠️  
Highly concentrated, used to brew beer  
*Fever, restlessness, panting, vomiting*
- Caffeine** ⚠️  
Coffee, tea, energy drinks and bars, diet pills  
*Hyperactivity, panting, seizures, muscle twitching, increased urination*

### XXX NO-NO MUNCHIES XXX

#### Nuts

Almonds, pecans, walnuts, pistachios, macadamia nuts, hickory nuts  
*High fat causes upset stomach and pancreatitis*  
*\*Moldy walnuts can cause seizures, vomiting, tremors*

### DAIRY DISCOMFORT

#### Milk & dairy

Pets lack lactase, the enzyme needed to digest lactose  
*Upset stomach, diarrhea*

### SHAKY STAPLES

- Yeast dough** ⚠️  
Expands in digestive system, releasing gas  
*Vomiting, nausea, diarrhea, stomach bloat*
- Homemade play dough** ⚠️  
Salt toxicity can be fast acting and lethal  
*Vomiting, diarrhea, seizures, tremors*
- Homemade salt dough** ⚠️  
Commonly used to make holiday ornaments  
Salt consumption can be quick and lethal  
*Vomiting, diarrhea, seizures, tremors*

### HARMFUL HARVEST

- Apricots, peaches, plums, cherries**  
Stems, pits and leaves contain cyanide  
*Difficulty breathing, panting, shock*
- Grapes & raisins** ⚠️  
Just a few can cause kidney failure in dogs  
*Vomiting, lethargy, diarrhea*
- Rhubarb**  
Leaves are toxic  
*Drooling, vomiting, weakness, tetany, seizures and kidney damage*

### Symptoms

Toxicity will vary based on breed, size and age of pet

- Fever
- Collapse
- Seizures
- Drooling
- Lethargy
- Vomiting
- Tremors
- Diarrhea
- Weakness
- Restlessness
- Hyperactivity
- Stomach bloat
- Muscle twitching
- Excessive panting
- Excessive urination

Nationwide pet insurance members can contact the **vet helpline** at no cost. Contact info can be found on the Nationwide Pet Account Access page.\*

**URGENT:** Immediate veterinary care is recommended.

