

## Items to Avoid and Reasons to Avoid Them for Your Dog

**Alcoholic beverages** - Can cause intoxication, coma and death.

**Baby food** - Can contain onion powder, which can be toxic to dogs. (Please see onion below.) Can also result in nutritional deficiencies, if fed in large amounts.

**Bones from fish, poultry, or other meat sources** - Can cause obstruction or laceration of the digestive system.

**Cat food** - Generally too high in protein and fats.

**Chocolate, coffee, tea, and other caffeine** - Contain caffeine, theobromine, or theophylline, which can be toxic and affect the heart and nervous systems.

**Citrus oil extracts** - Can cause vomiting.

**Fat trimmings** - Can cause pancreatitis.

**Grapes and raisins** - Contain an unknown toxin, which can damage the kidneys. There have been no problems associated with grape seed extract.

**Hops** - Unknown compound causes panting, increased heart rate, elevated temperature, seizures, and death.

**Human vitamin supplements containing iron** - Can damage the lining of the digestive system and be toxic to the other organs including the liver and kidneys.

**Large amounts of liver** - Can cause Vitamin A toxicity, which affects muscles and bones.

**Macadamia nuts** - Contain an unknown toxin, which can affect the digestive and nervous systems and muscle.

**Marijuana** - Can depress the nervous system, cause vomiting, and changes in the heart rate.

**Milk and other dairy products** - Some adult dogs and cats do not have sufficient amounts of the enzyme lactase, which breaks down the lactose in milk. This can result in diarrhea. Lactose-free milk products are available for pets.

**Moldy or spoiled food, garbage** - Can contain multiple toxins causing vomiting and diarrhea and can also affect other organs.

**Mushrooms** - Can contain toxins, which may affect multiple systems in the body, cause shock, and result in death.

**Onions and garlic (raw, cooked, or powder)** - Contain sulfoxides and disulfides, which can damage red blood cells and cause anemia. Cats are more susceptible than dogs. Garlic is less toxic than onions.

**Persimmons** - Seeds can cause intestinal obstruction and enteritis.

**Pits from peaches and plums** - Can cause obstruction of the digestive tract.

**Potato, rhubarb, and tomato leaves; potato and tomato stems** - Contain oxalates, which can affect the digestive, nervous, and urinary systems. This is more of a problem in livestock.

**Raw eggs** - Contain an enzyme called avidin, which decreases the absorption of biotin (a B vitamin). This can lead to skin and hair coat problems. Raw eggs may also contain *Salmonella*.

**Raw fish** - Can result in a thiamine (a B vitamin) deficiency leading to loss of appetite, seizures, and in severe cases, death. More common if raw fish is fed regularly.

**Salt** - If eaten in large quantities it may lead to electrolyte imbalances.

**String** - Can become trapped in the digestive system; called a "string foreign body."

**Sugary foods** - Can lead to obesity, dental problems, and possibly diabetes mellitus.

**Table scraps (in large amounts)** - Table scraps are not nutritionally balanced. They should never be more than 10% of the diet. Fat should be trimmed from meat; bones should not be fed.

**Tobacco** - Contains nicotine, which affects the digestive and nervous systems. Can result in rapid heart beat, collapse, coma, and death.

**Yeast dough** - Can expand and produce gas in the digestive system, causing pain and possible rupture of the stomach or intestines.