

## **Human Food Is Not Always Dog-Friendly**

Foods that are perfectly suitable for human consumption, as well as other animals, may be toxic and even **poisonous** to your dog, posing a serious threat to their health and well-being. All animals have very different rates of **metabolism**. Metabolism is basically the process of breaking down food and turning it into energy.

**If you are worried about something your pet consumed, please call your vet promptly.**

Here's an alphabetized list of foods that are unsafe and unfit for canine consumption, many of which are toxic to dogs.

- 1) Alcohol
- 2) Apple Seeds
- 3) Avocado
- 4) Candy, Chewing Gum, Toothpaste & Mouthwash
- 5) Cat Food
- 6) Chocolate
- 7) Coffee, Tea & Other Caffeine
- 8) Cooked Bones
- 9) Corn On The Cob
- 10) Fat Trimmings
- 11) Garlic
- 12) Grapes & Raisins
- 13) Hops
- 14) Human Vitamins
- 15) Liver
- 16) Macadamia Nuts
- 17) Marijuana
- 18) Milk & Dairy Products
- 19) Onions & Chives
- 20) Peppers
- 21) Persimmon, Peaches & Plum Pits
- 22) Raw Meat & Fish
- 23) Rhubarb & Tomato Leaves
- 24) Salt
- 25) Sugar
- 26) Tobacco

- 27) Xylitol
- 28) Yeast

### **1) Alcohol**

Do not give your dog alcohol on purpose. Alcohol can cause not only intoxication, lack of coordination, poor breathing and abnormal acidity, but potentially even coma and/or death.

### **2) Apple Seeds**

The casing of apple seeds are toxic to a dog as they contain a natural chemical (amygdlin) that releases cyanide when digested. This is really only an issue if a large amount was eaten and the seed were chewed up by the dog, causing it to enter its bloodstream. To play it safe, be sure to core and seed apples before you feed them to your dog.

### **3) Avocado**

Avocados contain persin, which can cause diarrhea, vomiting and heart congestion. The most dangerous part of an avocado is the pit because it is a choking hazard and it is full of persin. If you think your dog has ingested an avocado pit, call your vet asap. If your dog ate a small piece of avocado, it will probably be okay, but make sure you monitor your dog and call your vet for further care.

### **4) Candy, Chewing Gum, Toothpaste & Mouthwash**

Not only does candy contain sugar, but it often contains [xylitol](#), which can lead to vomiting, loss of coordination, seizures and liver failure.

### **5) Cat Food**

Cat food contains proteins and fats that are targeted at the diet of a cat, not a dog. The protein and fat levels in cat food are too high for your dog, and not healthy. Ingesting too much cat food can result in upset stomach, obesity and pancreatitis.

### **6) Chocolate**

Chocolate contains theobromine and caffeine, which speed the heart rate and stimulate the nervous system. Depending on the type of chocolate, amount your dog ingested, and your dog's weight will determine how sick (or not sick) your dog may become.

Ingesting too much theobromine and caffeine in chocolate may result in: vomiting, diarrhea, restlessness, increased urination, tremors, elevated heart rate, seizures and death. Below is a list of

Most dangerous to least dangerous chocolate to dogs:

- Cocoa powder- DANGER-FATAL
- Unsweetened baker's chocolate- DANGER-FATAL
- Semisweet chocolate- DANGER- MEDVET ASAP
- Dark chocolate - DANGER- MEDVET ASAP
- Milk chocolate- MILD- DIARRHEA - VOMMITING
- White chocolate- MILD- DIARRHEA – VOMMITING

Since this is a common item in houses and dogs love the smell and taste of it, PetMD created a [“dog chocolate toxicity meter”](#) to help you know how serious your dog's chocolate ingestion may be.

## **7) Coffee, Tea & Other Caffeine**

Caffeine is extremely dangerous to dog and within 1-2 hours, your dog could be experiencing mild to severe hyperactivity, restlessness, vomiting, elevated heart rate and blood pressure, tremors, seizures and death.

## **8) Cooked Bones**

When it comes to bones, the danger is that cooked bones can easily splinter when chewed by your dog. Raw (uncooked) bones, however, are appropriate and good for both your dog's nutrition and teeth.

## **9) Corn On The Cob**

While small amounts of corn are safe for a dog to ingest, giving your dog an ear of corn can be dangerous. If your dog is determined enough (which let's face it, most dogs are) they will eat the cob and all. The cob can be a choking hazard and can cause intestinal blockage. This could be fatal to your dog.

## **10) Fat Trimmings**

Cooked and uncooked fat trimmings can cause pancreatitis.

## **11) Garlic**

While garlic can be okay for dogs in very small amounts (and even beneficial for flea treatment), larger amounts can be risky. Garlic is related to onions which is toxic for dogs because it kills dog's red blood cell count, causing anemia. Signs may include weakness, vomiting and troubles breathing.

## **12) Grapes & Raisins**

Grapes and raisins can cause kidney failure for dogs. Even a small amount can make a dog ill. Vomiting is an early symptom followed by depression and low energy. We've heard stories of dogs dying from only a handful of grapes, so do not feed your pup this toxic food.

## **13) Hops**

An ingredient in beer that can be toxic to your dog. The consumption of hops by your dog can cause vomiting, panting, increased heart rate, fever and even death.

## **14) Human Vitamins**

It isn't recommended to give your dog one of your vitamins or supplements. Human vitamins often contain 100% of the recommended daily amount of various minerals. This could cause an overdose of a mineral for your dog.

The most dangerous vitamin is **prenatal** vitamins, which have a higher dose of iron and can **cause iron toxicity** in pets. If your dog ingests a bunch of prenatal vitamins (or other vitamins with a high dosage of iron) you should call your vet immediately.

## **15) Liver**

In small amounts, liver is great but avoid feeding too much liver to your dog. Liver contains quite a bit of vitamin A, which can adversely affect your pup's muscles and bones.

## **16) Macadamia Nuts**

Ingesting even small amounts of macadamia nuts can be lethal to your dog. Symptoms include muscle shakes, vomiting, increased temperature and weak back legs. If your dog ingested chocolate with the macadamia nuts the symptoms can be worse.

## **17) Marijuana**

Depending how much your dog was exposed to can affect the level of poison. There isn't much information out about dogs and marijuana but from what we can find, these are the common symptoms: slow response times, dribbling urine, heart rate change, neurological stimulation, hyperactivity, coma and even death. Read more about [Dogs and Marijuana](#).

## **18) Milk & Dairy Products**

While small doses aren't going to kill your dog, you could get some smelly farts and some nasty cases of diarrhea. Milk and dairy products can cause digestive problems as well as trigger food allergies.

### **19) Onions & Chives**

No matter what form they're in (dry, raw, cooked, powder, within other foods), onions are some of the absolute worst foods you could possibly give your pup. They contain disulfides and sulfoxides (thiosulphate), both of which can cause anemia and damage red blood cells.

### **20) Peppers**

**Bell Peppers are okay to feed dogs.** Dogs are carnivores and prefer meat to vegetables, but there are some benefits to veggies. For example, green peppers are a low-calorie snack that is packed with vitamin C and beta-carotene. Be sure to chop peppers into small pieces because the outer skin can be tough and difficult to chew. Pureeing or steaming the peppers makes them easier to consume and digest. As with most human food, don't overdo it because too much could lead to sickness. It might go without saying, but never give your dog spicy varieties such as jalapeños or hot peppers!

### **21) Persimmon, Peach & Plum Pits**

Pits/seeds from these fruits can cause intestinal issues in dogs. Additionally, peach and plum pits have cyanide, which is poisonous to dogs (and people!).

### **22) Raw Meat & Fish**

Raw meat and fish can have bacteria which causes food poisoning. Additionally, some fish can contain a parasite that causes "fish disease" or "salmon poisoning disease." Symptoms include vomiting, fever and enlarged lymph nodes. Cooked fish is perfectly fine since the parasite is killed during the cooking process.

### **23) Rhubarb & Tomato Leaves**

These contain oxalates, which can cause, drooling, vomiting, diarrhea, lethargy, weakness, tremors and bloody urine.

### **24) Salt**

Just like salt isn't the healthiest thing for humans, it's even less healthy for dogs. Too much of it can lead to sodium ion poisoning, which may result in vomiting, diarrhea, depression, tremors, increased temperature, seizures and even death.

## **25) Sugar**

This applies to any food containing sugar. Make sure you check the ingredient label for human foods – corn syrup (which is a less expensive form of sugar or glucose) is found in just about everything these days. Too much sugar for your pup can lead to dental issues, obesity and even diabetes.

## **26) Tobacco**

Tobacco contains nicotine, which can be lethal to dogs. Symptoms include vomiting, abnormal heart rate, tremors and weakness. Tobacco poisoning can present itself within 1 hour of ingestion.

## **27) Xylitol**

A sugar alcohol found in gum, candies, baked goods and other sugar-substituted items, xylitol, while causing no apparent harm to humans, is extremely toxic to dogs. Even small amounts can cause low blood sugar, seizures, liver failure and even death for your pup.

## **28) Yeast**

Just like yeast rises in bread, it will also expand and rise within your pup's tummy. Make sure they don't get any. While mild cases will cause gas, lots of farting and discomfort — too much of it could rupture their stomach and intestines. Yeast dough is also dangerous because as it ferments and rises it makes alcohol which can lead to alcohol poisoning.

## Safe Human Foods For Dogs

While there are certainly some human foods that are safe to feed your dog there are many which are unsafe and potentially poisonous when ingested by your dog. As a general rule of thumb, **it is far better to be safe than sorry, so avoid feeding your dog any human food unless recommended by your vet.**

Dogs that are not given human food or table scraps are generally better behaved than dogs who do receive people food. These dogs do not beg because they know they won't receive any scraps. They also tend to drool less and bother visitors to your home less because they understand that human food is for humans and not for them.

With all this being said, below is a list of human foods that are safe for dogs to eat **in moderation.**

## **Lean Meat**

Lean meat includes meat without bones that has had excessive fat removed. If feeding chicken and turkey, the skin should also be removed as it can be a source of fat. Lean meat includes the white meat from chicken or turkey and provides a tasty treat for your dog as well as a good source of protein.

## **Eggs**

Salmonella and biotin deficiency are two things to be cautious of when feeding your dog raw eggs. Most vets will recommend giving your dog a cooked egg over a raw egg. Eggs are an excellent source of protein and have a host of vitamins for your pup. Don't worry about cooking the egg in butter, oil, salt, pepper or other additives, your dog doesn't need those things and they can be harmful to them as well.

## **Fruits**

Not including the fruits listed above, dogs can safely enjoy:

- bananas
- apple slices
- strawberries
- blueberries
- watermelon
- cantaloupe
- cranberries
- mangoes
- oranges
- peaches
- pears
- pineapples
- raspberries

The seeds should be removed from these fruits or in the case of watermelon it should be a seedless melon as most fruit seeds contain a trace amount of arsenic which is poisonous (it's a small amount but why risk it?).

## **Vegetables**

The vegetables below are safe for dogs to ingest:

- broccoli
- brussels sprouts
- carrots
- celery
- cucumber
- green beans
- peas
- potatoes ([only if cooked](#))
- spinach
- sweet potatoes

Vegetables make great low-calorie snacks and good training tools. In fact, you can give your dog slices of carrots as a treat and a healthier alternative to other training treats. Stay away from canned and pickled vegetables as they contain too much salt.

## **White Rice**

Cooked white rice is frequently referred to as a potential meal for a [dog with an upset stomach](#). Generally boiled white chicken and white rice are used to help firm up stools as well as nourish a dog that is having trouble getting any nutrition from food as a result of illness.

<https://www.caninejournal.com/foods-not-to-feed-dog/#alcohol>