



## 11 Foods You Should Never Feed Your Dog

Dogs love to beg at the table. But there are some things we eat with abandon that should never be given to our canine companions. Here's a list.

### 1. Grapes and Raisins

Raisins are dried grapes, and both can cause serious problems in dogs. Not just vomiting and diarrhea, but also kidney and liver damage if they eat enough. It's easy to forget that the muffin or cereal we want to share with Max contains raisins,



but in fact, many of the foods below are present as part of other prepared foods we eat, so we need to beware.

## 2. Alcohol

Even in small amounts, alcohol can cause intoxication in your dog. It drops their blood sugar, blood pressure, and your dog's body temperature, and can cause vomiting, respiratory failure, and potentially, coma. Of course, it can do the same thing to us, but because your dog is smaller and cannot metabolize alcohol as we humans do, the effect is more rapid and more severe.

## 3. Chocolate (and Coffee)



We love chocolate and we love our dogs, so it's natural to want to share our delicious desserts with them. But chocolate contains caffeine and a substance called theobromine which belong to a class called methylxanthines. These can produce panting, abnormal heart rhythms, tremors, and even seizures if they eat too much. And the darker the chocolate—meaning the higher the cacao content it has—the more severe the effect. Baker's chocolate is the worst.

So be mindful of the chocolate chip cookies your puppy wants to partake in.

## 4. Xylitol

For all you dieters out there, xylitol is used as a sugar substitute in many “low-calorie” foods, including that sugar-free cake you might

have in your pantry. It can be very dangerous to your dog.

Ever coat your dog's medication with peanut butter to get her to take it? Most name brands of peanut butter are fine but do read the label and make sure yours is xylitol-free. A few are not.

Xylitol fools your dog's pancreas into thinking he's just eaten a lot of sugar, which causes it to secrete an excess of insulin. This can drop your pooch's blood glucose to dangerous levels.

## 5. Onions and Garlic



This group includes shallots, scallions, and chives. While they're a tasty addition to our favorite recipes, in dogs these vegetables can damage their red blood cells, causing hemolytic anemia. Symptoms include vomiting, pale gums, and dark urine progressing to rapid heartbeat and shortness of breath.

## 6. Fruit Pits and Seeds

Apple cores and the pits from cherries, plums, peaches, nectarines, and apricots contain cyanogenic glycosides, which is as nefarious as it sounds and can result in cyanide poisoning. The fruit is fine but keep Daisy away from the pits.

## 7. Unbaked Bread Dough



Cooking today? Then your pooch is probably hanging out in the kitchen with you looking for scraps. While baked bread is fine for most

hounds, the yeast in unbaked dough will expand in your dog's stomach and GI tract causing bloat and that can become an emergency. It also produces alcohol as it's digested which is dangerous to your dog.

## 8. Raw Meat

Speaking of uncooked food, please don't give your dog raw meat. Of course, dogs are carnivores, and their ancestors didn't cook their kill before chowing down. But neither did they leave it lying on the ground for days or gather it up and ship it far away in a refrigerated truck. Just as consuming raw meat can be dangerous for us humans, it's the same for your dog. The bacteria that are often present may cause devastating infections. So cook any food before giving it to your dog—or eating it yourself.



Be careful even after cooking, and don't let your dog chew on the bones. He'll probably be able to crack them with his teeth and the sharp splinters can cause tears in his esophagus, stomach, and intestine.

## 9. Corn on the Cob

While a few cooked kernels are fine, don't let your pup wrestle the whole ear of corn away and munch it down. It's not digestible for her and will cause problems in her gut.

## 10. Moldy Foods



Never give your dog moldy cheese, nuts, or any food that isn't fresh. The mycotoxins in fungi can make him ill very quickly and he can develop vomiting, tremors, and unsteadiness on his feet. Call your vet immediately if Rex gets into your compost pile.

## 11. Macadamia Nuts

These tasty nuts are toxic to your dog's central nervous system. Symptoms include lethargy, diarrhea, vomiting, tremors, fever, and weakness.



Since the quantity needed to make your little tail-wagger sick is unknown and varies by dog, if Daisy starts to develop symptoms after eating *any* amount, she needs to be checked out right away. Watch out for this ingredient in bakery goods.

### **To Sum Up...**

*Always* look at the ingredients in anything you feed your pets. You might not be thinking about the chocolate or macadamia nuts in the new crumb cake you just bought, only that Rocky pulled it off the counter and now you have a mess to clean up—which he is happy to help you with.

Just as we take special care not to feed our children and ourselves anything harmful, we owe it to our pets to be vigilant when we feed them too. They trust us implicitly, and we must always strive to be deserving of that trust.



### **In case of accidental ingestion:**

Our pets have minds of their own and can get into the craziest things. If your dog or cat has eaten something they shouldn't—or gotten under your sink to your cleaning supplies—call your vet right away.

If you cannot reach your veterinarian, make note of what and how much your furry friend has ingested, and call the hotline below.

**ASPCA Animal Poison Control Center at (888) 426-4435.**