

PET SAFETY GUIDE — SAVE & SHARE

Foods That Are Toxic to Pets

Keep this guide on your fridge. Many common household foods can cause serious harm — or be fatal — to your cats and dogs. Knowledge saves lives.

Cats

Dogs

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If your pet has eaten any of these foods, contact your vet or an emergency animal hospital immediately. Do not wait for symptoms to appear — some toxins act within minutes.

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Critical — can be fatal

**Grapes & Raisins**

Causes sudden kidney failure. Even a small amount can be deadly. Mechanism still unknown.

Cats & Dogs

**Chocolate**

Contains theobromine — toxic to pets. Dark chocolate & baking chocolate are most dangerous.

Cats & Dogs

**Onions & Garlic**

Destroys red blood cells causing hemolytic anemia. All forms: raw, cooked, powdered.

Cats & Dogs

**Xylitol**

Found in sugar-free gum, candy & peanut butter. Causes rapid insulin release & liver failure.

Dogs

**Avocado**

Persin in the flesh, skin & pit causes vomiting, diarrhea & heart damage.

Cats & Dogs

**Alcohol**

Even small amounts cause vomiting, disorientation, respiratory failure & death.

Cats & Dogs

**Caffeine**

Coffee, tea, energy drinks — causes rapid heart rate, seizures & can be fatal.

Cats & Dogs

**Macadamia Nuts**

Causes weakness, hyperthermia, vomiting & tremors. Exact toxin unknown.

Dogs

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Serious — avoid entirely

**Cooked Bones**

Splinter into sharp shards — puncture throat, stomach or intestines.

Cats & Dogs

**Dairy Products**

Most adult pets are lactose intolerant — causes digestive upset & diarrhea.

Cats & Dogs

**Salt & Salty Snacks**

Excessive sodium leads to dehydration, tremors & sodium poisoning.

Cats & Dogs

**Stone Fruit Pits**

Cherry, peach & plum pits contain cyanide. Flesh is OK, pit is toxic.

Cats & Dogs

**Raw Dough / Yeast**

Expands in stomach causing bloat; fermentation produces toxic alcohol.

Cats & Dogs

**Fried / Fatty Foods**

Causes pancreatitis — painful, dangerous inflammation of the pancreas.

Cats & Dogs

**Raw Fish (frequent)**

Regular raw fish destroys vitamin B1, causing neurological damage in cats.

Cats

**Nutmeg**

Contains myristicin — causes disorientation, elevated heart rate & seizures.

Cats & Dogs

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Warning signs to watch for

🐱 CAT SYMPTOMS

! Vomiting or retching

! Sudden lethargy or weakness

! Loss of appetite or drooling

! Difficulty breathing or panting

! Dilated pupils or disorientation

! Tremors or seizures

! Pale or yellow gums

🐶 DOG SYMPTOMS

! Vomiting or diarrhea

! Excessive thirst or urination

! Abdominal bloating or pain

! Muscle tremors or weakness

! Rapid or irregular heartbeat

! Collapse or loss of consciousness

! Swollen or distended belly

**What to do if your pet eats something toxic**

01

STAY CALM

Don't panic — note what was eaten, how much, and when. This info is critical for your vet.

02

DON'T INDUCE VOMITING

Unless your vet specifically tells you to. For some toxins, vomiting causes more damage.

03

CALL IMMEDIATELY

Contact your vet, emergency animal hospital, or a pet poison hotline right away. Time matters.

EMERGENCY HOTLINES

us ASPCA Poison Control: (888) 426-4435 | us Pet Poison Helpline: (855) 764-7661 | 🌐 Always call your local emergency vet first

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Safe treats — pet-approved snacks

**Carrots**

Cats & Dogs

**Blueberries**

Cats & Dogs

**Apple (no seeds)**

Dogs

**Cucumber**

Cats & Dogs

**Plain Chicken**

Cats & Dogs

**Plain Pumpkin**

Cats & Dogs

KEY:

Critical / potentially fatal

Serious / avoid entirely

Cats

 Cat-specific risk

Dogs

 Dog-specific risk

Zoo Fusions

Free resource — share with every pet owner you know 🐾

This guide is for general awareness only. Always consult your veterinarian for medical advice.

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