

Danger Foods for Cats & Dogs

Print this. Stick it on the fridge. These everyday foods can seriously hurt your pet — some in very small amounts.

Never feed these

Food	Why it is dangerous	Warning signs
Chocolate	Theobromine — dogs and cats cannot clear it. Dark and baking chocolate are worst.	Vomiting, racing heart, tremors, seizures
Xylitol (birch sugar)	Found in sugar-free gum, candy and some peanut butters. Causes a dangerous insulin spike in dogs.	Vomiting, collapse, liver failure — can be fast
Grapes & raisins	Even a few can trigger kidney failure in dogs. No safe amount is known.	Vomiting, lethargy, loss of appetite
Onions, garlic, chives, leeks	Damage red blood cells (cats are extra sensitive). Includes powders in sauces and baby food.	Weakness, pale gums, red-brown urine — signs can appear days later
Macadamia nuts	Toxic to dogs even in small amounts.	Weak back legs, tremors, overheating
Alcohol	All forms — drinks, hand sanitizer, raw bread dough ferments in the stomach.	Disorientation, breathing problems, coma risk
Caffeine	Coffee, tea, energy drinks, caffeine pills.	Restlessness, racing heart, tremors
Cooked bones	They splinter and can choke or puncture the gut. Never feed, even "just this once."	Choking, mouth injuries, blocked or torn intestine
Raw yeast dough	Expands in the stomach and produces alcohol as it ferments.	Bloated painful belly, retching without vomiting
Corn cobs & fruit pits	Classic gut blockages; peach/plum pits also contain cyanide compounds.	Vomiting, no stool, painful belly — surgical emergency

If your pet eats any of these — the first 5 minutes

1) Stay calm and move the food out of reach. 2) Note **what** was eaten, **how much**, and **when** — keep the packaging. 3) Call your veterinarian or **ASPCA Animal Poison Control: (888) 426-4435** (a consultation fee may apply). 4) **Do NOT make your pet vomit** unless a professional tells you to — some substances cause more damage coming back up. 5) Follow their instructions exactly, and drive in if told to.

Safer swaps (small amounts, plain, unseasoned)

Carrot sticks · green beans · plain cooked chicken or turkey · plain pumpkin purée (not pie filling) · blueberries · apple slices without seeds or core · a spoon of plain low-fat yogurt for dogs that tolerate dairy. Treats should stay under 10% of daily calories — and when in doubt, skip it and ask your vet.

House rules that prevent 90% of accidents: counters swept after cooking, trash with a locking lid, gum and mints in closed bags/pockets, and guests briefed with one line — "please don't feed the pets, their stomachs can't handle people food."