



TOXIC & HAZARDOUS } 20

Food Guide for Pets

foods to avoid feeding dogs and cats

Prevent accidental exposure and potential health risks to your four-legged companions

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MAIN COURSE MENACES

Fatty foods & fat trimmings

Burgers, pizza, ribs, chicken wings, salmon, etc.
Upset stomach, nausea, vomiting, pancreatitis

Bones

Cooked, can splinter, causing internal lacerations, obstruction, choking
Vomiting, lethargy, diarrhea, abdominal discomfort, drooling

Raw meat & fish

Can contain salmonella and E. coli
Vomiting, fever, enlarged lymph nodes

Raw salmon

Most common in the Pacific Northwest, freshwater fish carrying infected parasites can poison pets if eaten raw.
Vomiting, fever, diarrhea, weakness, swollen lymph nodes

Raw eggs

May contain harmful bacteria and risk of salmonella toxicity. Long-term ingestion of raw egg whites can lead to biotin deficiency.

DAIRY DISCOMFORT

Milk & dairy

Pets lack lactase, the enzyme needed to digest lactose
Upset stomach, diarrhea

HARMFUL HARVEST

Apricots, peaches, plums, cherries

Stems, pits and leaves contain cyanide
Difficulty breathing, panting, shock

Grapes & raisins

Just a few can cause kidney failure in dogs
Vomiting, lethargy, diarrhea

Rhubarb

Leaves are toxic
Drooling, vomiting, weakness, tetany, seizures and kidney damage

PERILOUS PRODUCE

Onions, garlic, shallots, chives, leeks

Small amount can damage red blood cells.
Panting, weakness, drooling, pale gums

Mushrooms

Wild varieties can trigger numerous organ systems
Seizures, coma, vomiting

NO-NO MUNCHIES

Nuts

Almonds, pecans, walnuts, pistachios, macadamia nuts, hickory nuts
High fat causes upset stomach and pancreatitis
**Moldy walnuts can cause seizures, vomiting, tremors*

SHAKY STAPLES

Yeast dough

Expands in digestive system, releasing gas
Vomiting, nausea, diarrhea, stomach bloat

Homemade play dough

Salt toxicity can be fast acting and lethal
Vomiting, diarrhea, seizures, tremors

Homemade salt dough

Commonly used to make holiday ornaments
Salt consumption can be quick and lethal
Vomiting, diarrhea, seizures, tremors

NOXIOUS SWEETS

Xylitol

Sugar substitute in gum, candy, toothpaste, children's vitamins, some peanut butters
Vomiting, weakness, seizures, liver failure

Chocolate

The quantity and level of cocoa will vary toxicity
Vomiting, diarrhea, tremors, hyperactivity, seizures

DEADLY DRINKS

Alcohol (wine, liquor, beer)

Liquor-infused desserts can also be a culprit
Seizures, respiratory depression, altered activity, incoordination

Hops pellets

Highly concentrated, used to brew beer
Fever, restlessness, panting, vomiting

Caffeine

Coffee, tea, energy drinks and bars, diet pills
Hyperactivity, panting, seizures, muscle twitching, increased urination

Symptoms

Toxicity will vary based on breed, size and age of pet

Fever

Collapse

Seizures

Drooling

Lethargy

Vomiting

Tremors

Diarrhea

Weakness

Restlessness

Hyperactivity

Stomach bloat

Muscle twitching

Excessive panting

Excessive urination

Nationwide pet insurance members can contact the **vet helpline** at no cost. Contact info can be found on the Nationwide Pet Account Access page.*

URGENT:

Immediate veterinary care is recommended.

Nationwide® covers treatment costs relating to poisonings and more.

Get a quote at petinsurance.com

*In case of an emergency, pet owners who are not Nationwide pet insurance members can contact the Pet Poison Helpline at 855-289-0358. A \$49 per incident fee for their service will apply. This fee is not associated with Nationwide.



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