



FOODS TO AVOID

We love our dogs and share our hearts and homes with them, but there are some foods that we should not be sharing with them

ALMONDS

Almonds may not necessarily be toxic to dogs, but they can block the oesophagus or even tear the windpipe if not chewed completely.

AVOCADO

Avocado plants contain a substance called Persin which is in its leaves, fruit and seed and can cause vomiting and diarrhoea in dogs

ALCOHOL

Alcohol has a huge impact on dogs even in small doses. The drink not only causes intoxication as it does in humans, but it can lead to sickness, diarrhoea and even central nervous system damage.

BREAD

Yes, dogs can eat small amounts of bread, but it has no nutritional value and can really pack on the carbohydrates and calories, just like in people.

CHOCOLATE

DOGS SHOULD NEVER EAT CHOCOLATE

- This is not just an old wives' tale.
- Chocolate and cocoa are products of cacao beans (*Theobroma cacao*) after they are fermented, roasted, shelled and ground.
- Chocolate contains two ingredients potentially lethal to dogs - theobromine and caffeine - methylxanthines.
- There are 1-9 milligrams of theobromine per gram of chocolate, with higher levels in darker chocolate. White chocolate has zero risk of toxicity.

How much chocolate makes a dog sick?

- Toxicity to chocolate starts at around 20mg of theobromine per kilogram of body weight. In a small dog weighing 5kg, this means 100mg of theobromine (around 70g of milk chocolate or 20g of dark chocolate) will cause problems. There's about 25g per square of a chocolate block, so that's around three squares of milk chocolate.
- Cocoa powder contains higher levels - only 4g of cocoa powder contains 100mg of theobromine.
- As a minimum chocolate can hinder a dog's metabolic process, causing **diarrhoea and vomiting**.

In more serious cases, it can cause seizures, irregular heart function, and even death.

COOKED BONES

Giving your dog a raw uncooked bone to chew on is great but avoid cooked bones at all cost. These can easily splinter and in large quantities cause constipation or at worst, a perforation of the gut which can be fatal.

CORN ON THE COB

Corn is one of the most common ingredients in most dog foods; however, the cob can be hard for a dog to digest and may cause an intestinal blockage, so if you're sharing some corn, make sure it is off the cob.

GRAPES & RAISINS

Grapes and raisins can cause kidney failure in dogs. Just a small amount can make a dog sick.

ICE CREAM

As refreshing of a treat as ice cream is, it contains lots of sugar, so it is best not to share with your dog. Also, some dogs have an intolerance to lactose. To avoid the milk altogether, freeze chunks of strawberries, raspberries, apples, and pineapples to give to your dog as a sweet, icy treat.

MACADAMIA NUTS

These are one of the most poisonous foods for dogs.

- Macadamia nuts, part of the Protaceae family, can cause vomiting, increased body temperature, inability to walk, and lethargy.
- Even worse, they can affect the nervous system.

Never feed your dog macadamia nuts.

MILK AND DAIRY

Because pets do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other dairy-based products cause them diarrhoea or other digestive upsets.

ONION FAMILY

- Onions
- Garlic
- Shallots
- Leeks
- Chives

The onion family, whether dry, raw or cooked, are particularly toxic to dogs and can cause gastrointestinal irritation and red blood cell damage. Signs of illness are not always immediate and can occur up to a few days later.

PEACHES & PLUMS

- The problem with these fruits is the seeds or pits.
- Seeds from persimmons can cause problems in a dog's small intestine. They can also block their intestines. This can also happen if a dog eats the pit from a peach or plum.
- Peach and plum pits also have cyanide, which is poisonous to people and dogs. People know not to eat them - dogs don't!!

PEANUT BUTTER

- Peanut butter can be an excellent source of protein for dogs - it contains heart-healthy fats, vitamins B and E and niacin.
- Raw, unsalted peanut butter is the healthiest option.
- PLEASE just make sure you read the label carefully to be sure the peanut butter does not contain xylitol, a sugar substitute that can be toxic to dogs.

XYLITOL

Sweets, gum, toothpaste, baked goods, and some diet foods are sweetened with xylitol. It can cause your dog's blood sugar to drop and can also cause liver failure.

