



# TOXIC & SAFE HUMAN FOODS FOR PETS

Available 24/7  
\*Fees Apply

ASPCA Poison Control • Call (888) 426-4435\*  
Pet Poison Helpline • Call (855) 764-7661\*  
Animal Poison Hotline • Call (888) 232-8870\*

## MEATS & FISH

### POTENTIALLY HARMFUL

Raw food may contain parasites and cause salmonella food poisoning. If following a raw meat diet, please consult with your vet.

- Raw Eggs
- Raw Meat, Poultry
- Raw or Smoked Fish
- Fat Trimmings (can cause pancreatitis)
- Shell Fish (can have toxins & heavy metals)
- Shark, Tilefish, Swordfish and King Mackerel (high mercury content)
- Fish & Poultry Bones (splinter easily - choking hazard)

### SAFE

Cooked meat fat and bones trimmed, unseasoned. Small amounts of sardines and tuna considered safe.

- Cooked Lean Beef, Lamb, Pork, Chicken or Turkey
- Cooked Tuna, Salmon, Cod, Scallops
- Cooked Eggs
- Sardines
- Canned Tuna (no salt, in water, not oil)
- Broth (low sodium)

## DRINKS

### TOXIC - MAY BE FATAL

- Alcohol (Beer, Wine, Liquor)
- Caffeinated Sugary Energy Drinks

### POTENTIALLY HARMFUL

Very small amounts not toxic but larger amounts can cause caffeine poisoning.

- Coffee & Tea (Black, White & Oolong)

### SAFE

- Water
- Coconut: water or milk (unsweetened)
- Decaf ONLY Tea: Black, White, Green, Rooibos, Ginger, Peppermint, Chamomile

## DAIRY

### POTENTIALLY HARMFUL/SAFE

Safe in small amounts but can cause stomach distress in pets that are Lactose intolerant, have allergies or sensitivities.

- Milk, Cream, 1/2 & 1/2
- Butter, Butter Spread
- Cheese (in small amounts)
- Ice Cream, Whipped Cream
- Cottage Cheese (in small amounts)
- Greek Yogurt (plain)



**!** If you think your pet has ingested something toxic, consult your veterinarian immediately or call a pet poison hotline. Even if the amount they ingested seems less than a toxic dose, it is best to call to get professional recommendations for how to care for your pet.

## FRUITS

### TOXIC - MAY BE FATAL

- Grapes
- Rhubarb
- Avocado
- Dried Fruit: Raisins, Currants
- Grapefruit: Fruit and Rinds (Skin)
- Fruit Pits: Avocados, Apricots, Peaches, Plums, Cherries, Nectarines
- Fruit Seeds: Apples, Pears, Kiwi

### POTENTIALLY HARMFUL

Small amounts not toxic but can cause distress.

- Lemons & Limes: Fruit and Rinds (Skin)

### SAFE

- Apples
- Bananas
- Coconut
- Cranberries (cooked, not canned or sweetened)
- Melons: Cantaloupe, Honey Dew, Watermelon
- Kiwi
- Fruit only-no Pits: Mangoes, Apricots, Peaches, Plums, Nectarines
- Pumpkin
- Pineapple
- Pears
- Berries: Strawberries, Blueberries, Blackberries, Raspberries

## STARCHES & GRAINS

### TOXIC - MAY BE FATAL

- Yeast Dough
- Moldy Bread or Food
- Homemade Play or Salt Dough
- Potato Skins/Raw Potatoes, Plants

### POTENTIALLY HARMFUL

Small amounts not toxic but can be a choking hazard.

- Corn Cob
- Popcorn Kernels

### SAFE

- Potatoes/Sweet Potatoes (cooked with skin removed)
- Rice, Pasta & Bread (in small amounts)
- Grains: Oatmeal, Polenta (cooked)
- Popcorn (air popped plain)

## NUTS, SWEETS & SPICES

### TOXIC - MAY BE FATAL

- Artificial Sweeteners: Aspartame or Xylitol (frequently found in sugar free candy, gum, peanut butter)
- Chocolate (white, milk & dark)
- Nutmeg
- Macadamia Nuts
- Black Walnuts

### POTENTIALLY HARMFUL

Small amounts not toxic but can cause distress

- Salt/Salty Foods (in large amounts)
- Sugar/Sugary Foods (in large amounts)
- Fatty/Junk/Fast Foods
- Salted Seeds: Sunflower, Pumpkin
- Salted/Fatty Nuts: Peanuts, Almonds, Hazelnuts, Walnuts
- Cinnamon
- Gum & Candy (with real sugar)

### SAFE - IN MODERATION

- Honey (in small amounts)
- Peanut Butter (with real sugar or unsweetened)
- Oils: Olive, Coconut, Flax
- Nuts & Seeds: Peanuts, Cashews, Pecans, Pistachios, Sunflower, Pumpkin (unsalted, shell off)

## VEGETABLES

### TOXIC - MAY BE FATAL

- Wild Mushrooms
- Tomato Plant: Seeds & Leaves
- Garlic, Onions, Chives, Leeks (all forms: cooked, raw, dehydrated)

### POTENTIALLY HARMFUL

Small amounts not toxic but can cause distress.

- Brussels Sprouts, Cabbage
- Mushrooms (white store bought)
- Spinach (high in oxalic acid, which blocks the body's ability to absorb calcium)

### SAFE

- Green Beans
- Carrots
- Celery
- Cucumbers
- Asparagus
- Broccoli
- Cooked Zucchini/Squash
- Peas
- Tomatoes (red, ripe)