

Toxic Foods and Ingredients for dogs

Fruits, Vegetables and Nuts

Grapes and Raisins - Eating as few as 4 to 5 grapes or raisins can be poisonous to a 20 pound (9 kg) dog, though the exact toxic dose will vary between dogs. Signs of toxicity occur within 24 hours and can start within few hours.

Symptoms: vomiting, loss of appetite, diarrhea, abdominal pain, decreased urine production, weakness and "drunken" walking.

Possible Outcomes: Can cause irreversible damage to the kidneys, possibly resulting in death.

Action: Take your pet to your vet or emergency clinic. The vet may start by inducing vomiting, or the stomach might be pumped (gastric lavage). Treatment involves aggressive supportive care - particularly fluid therapy and medications.

Avocados (entire plant: leaves, fruit, seeds and bark) - contain **Persin**, which can cause vomiting and diarrhea in dogs, and also trigger difficulty breathing, fluid accumulation in the chest, abdomen and heart, or pancreatitis. It is under debate as to whether or not the actual meat and oils are poisonous to dogs, with no scientific conclusions at this time. Note that avocado meat and oils are used in some dog products and foods.

Symptoms: problems breathing (loss of breath, wheezing), vomiting, diarrhea, nasal congestion, fluid accumulation in the dog heart and chest area.

Possible Outcomes: pancreatitis, oxygen deprivation leading to death.

Action: Take your pet to your vet or emergency clinic. The vet may start by inducing vomiting, or the stomach might be pumped (gastric lavage). Treatment involves aggressive supportive care including fluid therapy and medications.

Onions, Garlic, Chives - can cause the destruction of red blood cells known as Heinz body anemia, a form of hemolytic anemia. No clear quantity has been established as to the onset of the anemia. But for garlic, if your dog consumes the equivalent of 1 teaspoon of garlic for every 10 pounds of their weight (1 teaspoon for a 10 pound dog) it can destroy red blood cells. Poisonous reaction can result from raw, cooked or dried onions, garlic, chives, including those included in powdered or dehydrated forms. Avoid all foods that contain onions or onion variants (such as spaghetti sauce).

Symptoms: pale gums, rapid heart rate, weakness and lethargy, vomiting, diarrhea, and bloody urine.

Possible Outcomes: can cause irreversible damage to the kidneys, death.

Action: Take your pet to the vet or emergency clinic for care. The vet may administer blood transfusions and/or oxygen, followed by fluid therapy.

Tomato Plants (unripe tomatoes or the plant part) - tomatoes contain **tomatine**, an alkaloid related to solanine and **atropine**. As the fruit ripens, the tomatine is metabolized. Therefore, ripened, red tomatoes are *not* likely to be harmful to a dog when eaten.

Tomato plants (the vines, stems and leaves), however, are toxic and can cause serious symptoms if eaten by a dog.

Green, unripened tomatoes can also be potentially harmful, but contain less of the toxic chemicals - tomatine and atrophine - than the plant parts and therefore might simply cause stomach upset.

Toxic Foods and Ingredients for dogs

Atropine is concentrated in the vines and leaves of a tomato plant and can cause dilated pupils, tremors, and heart arrhythmias. Tomatine triggers abnormalities with the nervous system, kidneys and digestive tract.

Symptoms: Tremors, seizures, heart arrhythmias. Clinical signs of tomatine poisoning include lethargy, drooling, difficulty breathing, colic, vomiting, diarrhea or constipation, widely-dilated pupils, paralysis, cardiac effects, central nervous system signs (e.g., ataxia, muscle weakness, tremors, seizures), resulting from cholinesterase inhibition, coma and death.

Action: Take your pet to the vet or emergency clinic for care.

Raw and Green Potatoes - eating potatoes that are green or have a distinctive green rim between the peel and inside can be toxic because of solanum alkaloids that can cause solanine poisoning. Symptoms of solanine ingestion can include nausea, diarrhea, vomiting, stomach cramps, cardiac dysrhythmia, headache and dizziness.

Therefore, green potatoes should not be eaten by human or dog as they may get sick. Raw potatoes also contain oxalates (like tomatoes) which dogs can react to. Oxalates can trigger abnormalities with the nervous system, kidneys and digestive tract.

Note: Cooked potatoes appear to be fine for dogs and can be found in many commercial dog foods.

Symptoms of oxalates: Tremors, seizures, heart arrhythmias.

Action: Take your pet to the vet or emergency clinic for care.

Rhubarb - like tomatoes and raw potatoes, rhubarb contain oxalates, which trigger abnormalities with the nervous system, kidneys and digestive tract.

Symptoms: Tremors, seizures, heart arrhythmias.

Action: Take your pet to the vet or emergency clinic for care.

Mushrooms (wild / poisonous) - *some mushrooms, (not all!)* can contain toxins are very dangerous for dogs, and in the worst cases, can result in the death.

Common white mushrooms appear to be safe for dogs to eat and are not considered dangerous foods for dogs. However, wild mushrooms are often poisonous.

The majority of fatal cases of poisoning are by the death cap mushroom (*Amanita Phalloides*), which are thankfully not used in cooking. It is best to consider all wild mushrooms potentially toxic to dogs.

Symptoms vary dependent on mushroom. They may include: nervous system abnormalities, anxiety, restlessness, slow heart beat, wheezing, urination, salivation, diarrhea, seizure, coma, vomiting.

For death cap mushrooms symptoms include: profuse bloody diarrhea, nausea and vomiting, abdominal pain, dehydration, fever, and a rapid heart beat which lasts for approximately 24 hours. The next phase results in death within 3 to 7 days.

Possible Outcomes: organ failures (including kidneys, liver, brain), seizure, coma, vomiting, and death.

Action: Take your dog to the vet immediately. If possible collect a sample of the mushroom your dog has eaten for identification of the species of mushroom. There is a [new procedure for mushroom poisoning in dogs](#) that can be

Toxic Foods and Ingredients for dogs

discussed with your vet. Note: Do not store the mushrooms in a plastic bag. Use a paper bag, moist paper towel, or wax paper.

Fruit Pits and Seeds - Apple seeds, cherry pits, peach pits, and plum pits contain toxic **cyanide**, which is poisonous to dogs. Additionally, pits and seeds can cause intestinal obstruction.

Signs of intestinal obstruction may include: anorexia, vomiting, diarrhea, abdominal pain, lethargy, no appetite, swollen abdomen, fever, dehydration, and shock. Without treatment, death can occur within 3 to 4 days.

Symptoms of cyanide poisoning include: dilated pupils, apprehension, hyperventilation, shock, vomiting, panting, apnea tachycardia, cardiac arrhythmias, coma, skin irritation.

Possible Outcomes: cardiac arrest, coma, death.

Action: Take your pet to emergency vet care immediately. In some cases, antidotes are available. Other treatments include oxygen therapy, fluids and supportive care.

Persimmon Seeds - can cause inflammation of the dog's intestine causing enteritis.

Symptoms: diarrhea and possibly a high temperature.

Action: Take your pet to the vet immediately. In some cases, antidotes are available. Other treatments include oxygen therapy, fluids and supportive care.

Tree nuts, such as walnuts, pecans, pistachios, and Brazil nuts - are often contaminated with very low levels of the poison **Aflatoxin**, which comes from the *Aspergillus* mold. Although levels are safe for humans, dogs are acutely sensitive to this poison, and even low levels of Aflatoxin can be extremely toxic and lead to complications such as gastroenteritis.

Other varieties of nuts such as walnuts can cause various other dog illnesses and dog poisoning. Nuts also have a high phosphorus content which causes the formation of bladder stones in dogs.

Peanut butter (non-salted) appears to be non-toxic to dogs, although peanuts themselves may have ill-effects on your dog.

Symptoms of Aflatoxin poisoning include: loss of appetite, lethargy, vomiting, orange-colored urine and jaundice, liver failure, blood-tinged vomit and bloody or blackened stools.

Possible Outcomes: Aflatoxin causes severe hepatocellular necrosis (acute liver failure) within 72 hours.

Symptoms of gastroenteritis include: persistent vomiting (sometimes bile may be seen in the vomit), dehydration and watery diarrhea. Lethargy, lack of appetite, stomach grumbling, and general listlessness.

Symptoms of bladder stones include: difficulty urinating, frequent "dribbling" urination, bloody urine, painful urination. This results in blockage of urinary tract due to bladder stones.

These episodes can be either acute (short lived), or last for several days.

Action: Take your dog to the vet for immediate treatment.

Toxic Foods and Ingredients for dogs

Macadamia Nuts - generally consumption will not be fatal, but can cause your dog to become extremely ill. The toxin in the nut is not known. Ingestion of just a handful of nuts can cause adverse effects. As few as six macadamia nuts can trigger locomotory difficulties in dogs. Toxicity will typically evince within 6 to 24 hours.

Symptoms: vomiting, weakness, depression, lack of energy, drunken walking, joint/muscle pain, and joint swelling, tremors, ataxia, hyperthermia, abdominal pain.

Possible Outcomes: Severely sick. May require hospitalization.

Action: Take your pet to the vet if symptoms are not abating or large quantity of nuts is consumed. Dogs are typically treated symptomatically and recover uneventfully within 1 to 2 days. In-hospital supportive care may be recommend for dogs that become very sick.

Meats & Fish

Fatty Meats - although saturated fats aren't technically poisonous foods for dogs, high fat foods (such as bacon, ham) can be very dangerous foods for dogs and can cause **canine pancreatitis** (inflammation of the pancreas). Chronic pancreatitis in dogs may develop over time with regular and frequent ingestion of high fat foods. Or, just one fatty meal can cause acute pancreatitis in dogs. Canine pancreatitis is a painful and potentially life-threatening disease. Generally, middle-aged and older female dogs appear to be more susceptible to canine pancreatitis, as do Miniature Poodles, Cocker Spaniels, and Miniature Schnauzers.

Symptoms: may either be mild and not that obvious, or clearly very painful and severe. Signs include vomiting, diarrhea, no appetite, abdominal pain, dehydration, severe weakness and/or collapse, shock, and fever. Signs of abdominal pain include restlessness, heavy panting, wincing, trembling, arched back, or lying with their front down and their rear end up.

Actions: Take your dog to the vet for diagnosis and treatment.

Cat Food - is very high in fats and protein and when ingested by a dog, particularly in large amounts or on a regular basis, can lead to potentially deadly pancreatitis. For symptoms of pancreatitis see *Fatty Meats* above.

Raw Eggs - can risk food poisoning from bacteria like Salmonella or E. coli. Also there is an enzyme in raw eggs that interferes with the absorption of a particular B vitamin, that can cause skin and coat problems for your dog if fed raw eggs for a long period of time.

Actions: A bout of antibiotics may be necessary for a detected bacterial infection.

Raw Fish - certain kinds of fish such as salmon, trout, shad, or sturgeon can contain a parasite (Nanophyetus salmincola) which is infected with an organism called **Neorickettsia helminthoeca** that causes "[fish disease](#)" in dogs. This parasite is commonly found in fish that swim upstream. To avoid infection, thoroughly cook the fish which will kill the parasite and protect your dog.

Symptoms: vomiting, weakness, appetite loss, dehydration, fever, and swollen lymph nodes.

Possible Outcomes: severe illness. If not treated the disease can be fatal within 2 weeks.

Actions: Take your pet to a vet. This condition can be diagnosed with a fecal sample. Antibiotics and a wormer will likely be prescribed. Dogs recover quickly from this type of infection.

Toxic Foods and Ingredients for dogs

Camel Meat from Australia - can contain the acid **indospicine** which can cause severe and sometimes fatal liver disease in dogs. The cause is that some camels in Australia graze plants that have a toxic amino acid which accumulates in the camels' system and is then passed on to dogs when the dogs eat their meat. The RSPCA is warning pet owners to avoid feeding their dogs camel meat.

Symptoms: Lethargy, decreased appetite, diarrhea, vomiting, jaundice. Stools may be gray and light in color, urine may be darker than normal, possible orange. Some dogs may also suffer from weakness and confusion.

Possible Outcomes: hepatotoxicosis, severe liver diseases.

Actions: take your dog to the vet if you suspect camel meat poisoning.

Ingredients

Xylitol - is a sugar-free sweetener most often found in sugarless chewing gum and candy. It can also be found in toothpaste, baked goods and some diet foods. For dogs it is toxic as it stimulates the pancreas to secrete insulin, resulting in hypoglycemia (low blood sugar) and liver failure. As few as 2 pieces of gum can cause hypoglycemia in a 20 pound (9 kg) dog. A pack of gum can cause liver damage. Signs of toxicity can occur within 30 to 60 minutes.

Symptoms: vomiting, lethargy, weakness, drunken gait, collapse and seizures.

Possible Outcomes: hypoglycemia, liver failure, permanent liver damage, death.

Action: Fast action required. Take your pet to a vet or emergency clinic immediately. The vet may induce vomiting or perform gastric lavage. The dog will need to be treated intravenously with dextrose (sugar) and monitored closely for several days. If treated early enough, many dogs improve with supportive care, though liver damage can be permanent.

Baking Soda, baking powder - large quantities need to be ingested for toxic effect (relative to a dog's size). Typically, these compounds release gases when they react with moisture and heat (as in your dog's stomach). This reaction can lead to electrolyte abnormalities (low potassium, low calcium and/or high sodium), muscle spasms and/or congestive heart failure. Fortunately, dogs do not generally find these types of leavening agents very appetizing.

Symptoms: muscle spasms and/or congestive heart failure.

Possible Outcomes: muscle convulsions, congestive heart failure.

Action: If you believe your dog has consumed a toxic quantity take your pet to a vet for care.

Nutmeg - can cause tremors, seizures and death. Nutmeg causes damage to the dog's central nervous system. The exact quantities to be ingested to cause severe reaction is unknown, but generally speaking, large quantities would need to be ingested (factoring in size of the dog in relation to amount). However some dogs may be more sensitive to the ingredient than others. It is unknown what compound is toxic. If left untreated, dog poisoning from nutmeg can be fatal.

Symptoms: tremors, muscle spasms and seizures.

Possible Outcomes: severely ill, death.

Action: if your dog ingests a large amount monitor your pet and if in doubt or the dog evinces any symptoms take your pet to the vet.

Toxic Foods and Ingredients for dogs

Salt - eating too much salt can cause excessive thirst and urination in a dog and, although rare, can lead to sodium ion poisoning. Sodium ion poisoning restricts the amount of water and oxygen in the body. When a dog is diagnosed with epilepsy without a known cause, the reason could be salt.

Symptoms: vomiting, diarrhea, depression, tremors, elevated body temperature, seizures, kidney failure. It may even cause death.

Action: Take your dog to the vet. Depending on the severity of the poisoning, the dog may be given an antibiotic and anti-emetic drug to stop seizures. Intravenous therapy to increase the flow of oxygen and flush the high salt content from the blood may also be administered.

Raw Yeast/Uncooked Yeast Dough - when uncooked it produces ethanol, like alcohol.

Symptoms: sedation, depression, lethargy, weakness, drunken gait and hypothermia.

Possible Outcomes: liver failure, coma, seizures and death.

Action: Fast intervention needed. Take pet as soon as possible to vet or emergency clinic. The vet will treat with aggressive supportive care with fluid therapy and medications.

Drinks & Beans

Chocolate and Cocoa - contains a chemical called **theobromide** that is toxic to dogs and affects the heart, lungs, kidney and central nervous system. Pure baking chocolate or very dark chocolate is most toxic, while more diluted forms, such as milk chocolate or cocoa butter require much more to be ingested to cause harm. A 20 pound (9 kg) dog can be poisoned after consuming about 2 ounces (56 grams) of baking chocolate, but it would take nearly 20 ounces (566 grams) of milk chocolate to cause serious harm. Note: some dogs may be more sensitive and react with lesser amounts than the quantities stated above.

Symptoms: hyperactivity, excitement, tremors, seizures, vomiting, diarrhea, abnormal heart rate, "drunken" walking, hyperthermia and coma.

Possible Outcomes: Damage to heart, lungs, kidney organs, and coma or death.

Action: Take your pet to a vet immediately. The vet may induce vomiting or perform gastric lavage. Activated charcoal may be administered along with aggressive supportive care with fluid therapy and medications.

Caffeine (coffee, tea) and caffeinated items (such as energy drinks) - similar to the toxic chemical theobromide found in chocolate, **caffeine** can damage the heart, lungs, kidney and central nervous system. A lethal dose is considered to be around 70 mg per 1 lb body weight (150 mg / kg body weight). As an example, instant coffee contains over 60 mg caffeine per teaspoon. So, the lethal dose of caffeine for a 15 lb (6.8 kg) dog would be 17 teaspoons of instant coffee. Stronger coffees such as Turkish coffee, percolated coffees, and energy drinks would take much less to become toxic for a dog.

Symptoms: hyperactivity, excitement, restlessness, and vomiting. These can be followed by panting, weakness, rapid heart rate, drunken walking, muscle tremors and convulsions.

Possible Outcomes: Damage to heart, lungs, kidney organs, heart attack, coma or death.

Action: Take your pet to a vet immediately if you suspect a toxic dose. The vet may induce vomiting or perform gastric lavage. Activated charcoal may be administered along with aggressive supportive care with fluid therapy and medications.

Toxic Foods and Ingredients for dogs

Alcohol - contains **ethanol**, a seriously toxic chemical compound to dogs that causes central nervous system and respiratory depression. Only small amounts of ethanol can cause toxic effects. Ethanol is rapidly absorbed into the dog's system, so it is important to seek medical attention quickly. Inducing vomiting usually will not help.

Symptoms: sedation, depression, lethargy, weakness, drunken gait and hypothermia.

Possible Outcomes: intoxication, liver failure, coma, seizures and death.

Action: Fast intervention needed. Take pet as soon as possible to vet or emergency clinic. The vet will treat with aggressive supportive care with fluid therapy and medications.

Beer and Hops - hops is used in the brewing of beer. Toxicity can occur both before, and after the hops has been used in brewing. Dogs particularly like hops soaked in sweet wort. Greyhounds and labradors are particularly sensitive to hops poisoning. Small amounts of hops can trigger a reaction.

Symptoms: malignant hyperthermia, carbon dioxide levels in blood increase dramatically, high fever (up to 108 degrees), heavy panting, rapid heart-rate (up to 200 beats per minute)

Possible Outcomes: dangerous fever, blood toxicity, death

Action: Fast intervention needed. Take pet as soon as possible to vet or emergency clinic. The vet will likely induce vomiting and treat with aggressive supportive care with fluid therapy and medications. You may find that your vet is unfamiliar with hop toxicity. If necessary, contact an Animal Poison Control Center while at your vet, so they can offer professional advice to your vet.