

13 Toxic Human Foods For Dogs

By Staff Writer

While most people do a good job of taking care of their pet's basic needs, like bringing them to the vet for shots or when it is sick, many people just don't realize there are some things that may seem innocuous on the surface, but can inadvertently lead to illness and even death.

As tempting as it may be to give Fido a bite when he looks at you with his big soulful eyes, many foods naturally contain compounds that are poisonous for dogs. Knowing what to feed your dog is of the utmost importance as the better nutrition it receives the healthier and happier it will be and the longer it will live.

To help you keep your best friend safe, here is a list of 13 human foods that are toxic to dogs:

1) Acorns

Perhaps the food that is the most toxic to dogs is acorn. While wild animals like squirrels and deer love this tasty treat, acorns contain high amounts of gallotannins that can cause severe gastric distress in canines resulting in abdominal and bowel obstruction and kidney disease.

2) Alcohol

Many people think it is cute to give their dog a little taste of their beer or wine, but alcohol can be extremely dangerous for dogs as their livers are not able to process it and can result in liver damage and alcohol poisoning.

3) Nuts

Nuts are high in tremorgenic mycotoxins, a compound that can lead to seizures and neurological damage in dogs as well as stomach irritation and intestinal blockage that can result in vomiting, diarrhea, fever, seizures, and tremors.

4) Avocados

Avocados contain persin, a fungal toxin known to cause serious health issues and even death in canines.

5) Cat Food

Got a cat? Don't let your dog eat its food as cat food has such high levels of fat and protein it is poisonous to dogs and can lead to pancreatitis diarrhea, vomiting, and abdominal distress.

6) Chocolate

All chocolate is toxic to dogs, including white chocolate. Chocolate contains Theobromine, a compound that converts into Xanthine that affects a dog's central nervous system and results in drooling, vomiting, diarrhea, high blood pressure, and seizures.

7) Confectionery

Confectionery items are loaded with sugar and high-fat dairy products toxic to dogs leading to obesity, dental issue, diabetes, frequent urination, and dental issues.

8) Bones and Fat Trimmings

While everyone has seen it in commercials, dogs should not be given fat trimmings to eat or bones to chew on. While wolves live on raw meat and bones, domesticated canines long ago lost their ability to process foods with a high-fat content that can cause pancreatitis in dogs. Not only is fat on the bones and in the marrow toxic, but bones also produce sharp splinters that can cause severe intestinal problems.

9) Garlic

Garlic is another food that humans love but is also high on the list of foods toxic to dogs. The garlic plant contains an organosulfur compound that can cause anemia in dogs that result in lethargy, vomiting, diarrhea, reddish urine, and collapsing. While some breeds are more susceptible to the plant's toxicity than others, it is best to just avoid giving your pooch garlic altogether.

10) Grapes

These are another doggie no-no. While the exact cause is unknown, grapes and their shriveled-up cousin, the raisin, have very high amounts of micronutrients called polyphenols. As canines are primarily meat-eaters, it is believed that some of the over 8,000 types of polyphenols can cause kidney failure and sometimes death.

11) Marijuana

Don't even think about trying to get ole Spot high. The THC in marijuana affects a dog's nervous system so drastically it can result in hyperactivity, uncontrollable thirst, panting and slurping, slowed response, kidney damage, increased heart rate, coma, and even seizures.

12) Raw Fish, Meat, and Eggs

These can all have high enough levels of bacteria to result in food poisoning. Some fish contain parasites that can cause what is known as "fish poisoning disease" which leads to vomiting, fever, and enlarged lymph nodes.

13) Salt

Salt will make your dog thirsty and can result in sodium poisoning that causes vomiting, diarrhea, tremors, fever, seizures, and even death. Just like beer, keep the pretzels for yourself.

Summary

While it is only natural for dogs to want some of whatever it is that you are eating, you have to be the parent and say no for their own well-being. Keep in mind this is just a basic list of foods that are harmful to your dog and there are many more you should educate yourself on. Know that the symptoms of a dog ingesting any poisonous food are vomiting, abdominal pain, and/or diarrhea. If you notice any of these, call your vet or the Pet Poison Helpline immediately at 855-764-7661.