

Toxic Foods Every Pet Guardian Should Know

Family Matters

Sharing food is one of the ways we show love.

When those big eyes look up at us from under the dinner table, it's tempting to offer "just a little bit."

Unfortunately, some foods that are perfectly safe for people can be dangerous—even life-threatening—for our pets.

At Amity, we believe that one of the simplest ways to protect your pet is through knowledge. Our purpose is to **Empower You Through Education**, helping you prevent emergencies before they happen.

Chocolate

Chocolate is one of the most common causes of poisoning in dogs.

It contains theobromine and caffeine, substances that dogs cannot break down effectively. Dark chocolate and baking chocolate contain the highest levels and are the most dangerous.

Signs of poisoning may include vomiting, restlessness, a racing heart, tremors and seizures.

Grapes and Raisins

Grapes, raisins, currants and sultanas can cause sudden kidney failure in some dogs.

The frustrating part is that we still don't fully understand why, and there is no known "safe" amount. Some dogs become seriously ill after eating only a few.

If your dog eats grapes or raisins, contact your vet immediately.

Onions, Garlic and Leeks

Members of the onion family can damage your pet's red blood cells, leading to anaemia.

These foods can be harmful whether they're raw, cooked, dried or powdered, and are commonly found in leftovers, sauces and prepared meals.

Xylitol

Xylitol is an artificial sweetener found in some sugar-free chewing gum, sweets, peanut butter, toothpaste and baked goods.

In dogs, it can cause a sudden drop in blood sugar and severe liver damage.

Always check ingredient labels before sharing food.

Alcohol and Caffeine

Alcohol, tea, coffee, energy drinks and caffeine-containing products should never be given to pets.

Even small amounts can affect the brain, heart and nervous system.

Cooked Bones

Although many people think bones are natural for dogs, cooked bones can splinter easily.

These sharp fragments can cause choking, damage the mouth or intestines and, in some cases, require emergency surgery.

It's Not Just Food

Pets are naturally curious.

They may help themselves to a shopping bag, raid the kitchen bin or investigate a handbag left on the floor.

That's why prevention isn't simply about not feeding dangerous foods—it's about storing them safely out of reach.

What Should You Do?

If you think your pet has eaten something toxic, don't wait for symptoms to appear.

Many poisons are much easier to treat if action is taken early.

Contact your veterinary practice immediately and, if possible, tell us:

- What they ate.
- Approximately how much.
- When it happened.
- Your pet's weight.

The more information you can provide, the sooner we can advise the best course of action.

Knowledge Prevents Emergencies

Most food poisonings are entirely preventable.

By knowing which foods are dangerous and keeping them safely out of reach, you're protecting your pet from unnecessary illness and your family from unnecessary worry.

At Amity, we'd always rather answer a simple question than treat a preventable emergency.

Because keeping your pet safe starts long before anything goes wrong.

Because they're not just your pet.

They're family.

Family Matters.

If you need more information, book an appointment with an Amity vet. We're here to Empower You Through Education and help you become your pet's greatest advocate.