

Dog-Safe? *A Quick Toxic Foods Checklist*

Keep this where you can find it fast — the kitchen, the fridge, your phone.

Not everything on your plate belongs on theirs. This isn't a full veterinary reference — it's the short list of foods most likely to cause real harm, so you can act fast if your dog gets into something they shouldn't. When in doubt, call your vet or an animal poison control line.

NEVER FEED THESE

Chocolate	Especially dark or baking chocolate. Contains theobromine, which dogs can't metabolize well — can affect the heart and nervous system.
Xylitol	Found in sugar-free gum, some peanut butters, baked goods. Causes a rapid, dangerous drop in blood sugar.
Grapes & Raisins	Even small amounts can cause sudden kidney failure. The exact toxic mechanism is still unclear, so there's no "safe" amount.
Onions, Garlic, Chives, Leeks	Raw, cooked, or powdered — all forms damage red blood cells over time.
Macadamia Nuts	Can cause weakness, tremors, and elevated temperature, even in small quantities.
Alcohol	Affects dogs much faster and more severely than humans, even in small amounts.
Caffeine	Coffee, tea, energy drinks. Affects the heart and nervous system similarly to chocolate.
Raw Yeast Dough	Expands in the stomach and can produce alcohol as it ferments — a double risk.
Cooked Bones	Can splinter and cause internal injury. (Raw bones are a separate conversation — talk to your vet.)

USE CAUTION / ASK YOUR VET FIRST

Avocado	Lower risk for dogs than for birds or some other animals, but the pit and skin are still a choking/blockage hazard.
Salty Snacks	Large amounts can lead to excessive thirst, urination, or in rare cases, sodium poisoning.

If your dog eats something on this list: contact your veterinarian or an animal poison control hotline right away. Don't wait for symptoms — for several of these (grapes, xylitol especially), early treatment makes a real difference.