



Unsafe Foods For **DOGS**

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SECTION ONE GENERAL GUIDELINES

We all love our dogs, and we love seeing our dogs happy. A very easy way to make them happy is to share a little bit of whatever we're eating with them. However a dog can have a very different reaction to certain foods and chemicals than a person, and some foods that are harmless or even healthy for us to eat as people can make our dogs sick and even kill them. Before we open up our fridges and pantries to let our four-legged best friends feast upon the innards, as responsible pet owners we need to know which of our favorite foods are so dangerous that we should just eat them ourselves.

Although many dogs have no higher aspirations in life than to one day be given a seat at the kitchen table and get a fair share of the family dinner, most human diets don't meet the specific dietary needs of a dog. The healthiest diet for your dog is going to be the recommended amount of a commercial dog food brand approved by your vet and occasional treats given out in moderation. Commercial dog food recipes are created by veterinary nutritionists who make sure that the food is both

safe and meets the dietary requirements your dog needs to stay healthy. Feeding your dog table food as its main daily meal or putting them on a specialty diet of home made foods is a bad idea and unhealthy for your pet.

Even if the best food we can feed our dogs is dog food, very few of us possess hearts so frozen that we can always resist sharing our meals and snacks with good boys and girls. Luckily most of the food we eat is safe for dogs in small amounts. As long as we make sure 'people food' is safe for them to eat, and only ever feed it to dogs in moderation, our dogs can stay healthy and experience all the joy of eating some of our favorite foods.

A good general rule for sharing food with dogs is to never give your dog anything you wouldn't want to eat yourself. Meat and eggs that are raw or under-cooked pose many of the same health risks to dogs as they do to humans. Moldy or out of date food can just as easily make your dog sick as it can you. Even the disgusting pieces of fat you cut off your steak that your dog would just love to scarf down isn't very healthy for them to eat. If you're not willing to share the good stuff with your dog, then it's best not to share at all.

Also be aware that your dog isn't going to be too discerning about what they eat, and most will gobble up whatever you give them on the off chance it might be edible, even the parts of the food that aren't supposed to be eaten. Before giving any food to your dog, make sure you remove any parts you wouldn't want to eat yourself. Cores, pits, and bones can cause obstructions in your dog's stomach and internal bleeding. Inedible parts of a fruit like the seeds, stem, or leaves may contain chemicals that can

make your dog sick, cause health problems over time, and in some cases may even fatally poison your pet.

Before feeding your dog anything though, be sure to take a look through the next portion of the book. We'll go over the common foods you'll find through out your house that your dog shouldn't be eating, and why.

Most foods, even if they aren't healthy for your dog, at least aren't outright deadly. We've compiled a list of some of the most common foods you'll find in your kitchen that are just plain bad for your pet, and we've also included a few less common foods that are particularly dangerous. Whenever you feed a new kind of food to your pet, it's a good idea to look it up on the Internet first to make sure it is both safe and healthy for them to be eating it, or better yet discuss it with your vet. Keep in mind too that, like people, some dogs have food allergies, and what may normally be a safe and healthy treat can end up making your dog sick. It's best to keep an eye on your dog for a bit and watch out for any signs of an allergic reaction whenever they try something new.

If you even suspect your dog may have consumed something toxic, the best thing to do is to take them to the vet immediately and have them checked out. It's also a good idea to call your vet or a pet poison hotline to see if there is any emergency treatment you can do yourself first. If you wait for your pet to show symptoms of poisoning, you may not have enough time to save them, and the most effective (and typically the cheapest) treatments are going to be those that are done as soon as possible after consumption.



ALPHABETICAL LIST OF FOODS

ALCOHOLIC BEVERAGES – Some alcoholic drinks are delicious, and sometimes it's also fun to get a bit tipsy or even just drunk, but it's not all that fun for canines. Lacking a human understanding of what's happening to them, being intoxicated can be distressing and even terrifying for them. A dog is also just as susceptible to hangovers and alcohol poisoning as a human is. It's a pretty sure bet a dog will get an upset tummy from drinking, vomiting and diarrhea are also fairly common. They may also experience headaches, lethargy and trouble breathing. If they drink too much, they're in danger of falling into a coma and even dying, and it takes a lot less alcohol to kill a dog than to kill a person.

Adult drinks should only be for human adults. Alcohol isn't a nice treat for a dog, and it isn't funny to see them drunk. It's dangerous, potentially life threatening, and psychologically cruel to let a dog drink. If your dog manages to sneak a drink like a naughty teenager, get them to the vet right away to receive treatment.

ALMONDS – Dog’s have trouble digesting almonds, which can give them an upset tummy. Unlike many other nuts, almonds aren’t toxic, so it’s not life threatening if your dog eats some, but you can save them stomach pain by finding them a better treat.

APPLSE SEEDS – Apple seeds contain a small amount of cyanide. The cyanide in a single apple seed is so small, eating a few isn’t going to harm your pet, even if you have one of the smaller breeds. If your pooch regularly consumes apple seeds however, the cyanide can build up over time and eventually cause health problems.

Absent the seeds, apples are one of the more nutritious and healthy snacks you can feed your dog. Just make sure to slice it up and remove the core first.

APRICOT LEAVES, SEEDS, AND STEMS – Apricots are from the stone fruit family – plums, peaches, and cherries etc. Stone fruits are generally harmful to dogs. The leaves, seeds, and stems of an apricot contain cyanide, which can make your dog seriously ill and even cause death. In addition to not feeding your dog apricot pits, make sure they’re not left alone outside with an apricot tree. Dried apricot is safe for your dog to eat in moderation, but too much can cause upset stomach and diarrhea.

AVOCADOS – Avocados contain persin, a chemical that is known to be toxic to many animals, but is fortunately safe for your pet to eat and is even an ingredient in some dog foods. The primary concern with feeding avocados to dogs is the pit, which can cause an obstruction in your pet’s digestive track. The flesh of the avocado is also known

to give some dogs an upset tummy. So feed your dog avocados in moderation, make sure they don't eat the pit, and watch your dog afterwards to make sure it goes over well in their stomach.

BAKING SODA AND BAKING POWDER – Hopefully you're not the kind of person who feeds their pet baking soda or baking powder and calls it a treat, but maybe you've given them a small amount as a home remedy. If your dog does happen to get into the baking powder or soda, eating a large amount can cause digestive issues, electrolyte imbalances, muscle seizures, and even heart failure. Whether you're working with soda or powder, be sure to keep it out of the dog's reach, and before you try any home remedy be sure to consult with your vet first.

BLUE CHEESES – Most cheeses aren't that bad for your dog. Cheeses do tend to be high in fat and salt, so they should very rarely be given to dogs and only in small amounts. Cheesy junk food should just be outright avoided. Blue cheeses, such as Stilton and Gorgonzola, are a much worse though. The penicillium mold cultures that color the cheese blue can cause roquefortine poisoning in dogs, which is potentially fatal. Symptoms include muscle tremors, vomiting, and seizures. Blue cheese that has been sitting out or gone bad has a higher chance of poisoning your dog, so be sure to keep cheese platters out of your dog's reach. When throwing out blue cheese make sure it's in a secured container your dog doesn't have access to.

BONES (COOKED OR RAW) – The next time you have a nice piece of steak, you might consider throwing your dog the bone, especially if they're into chewing things,

but cooked bones are really bad for dogs. When bones are cooked they become brittle, and it's easy for a jagged piece to splinter off and be swallowed. Once swallowed, your dog could end up choking on the piece, or if it's sharp enough it may end up cutting up their insides like a little jagged knife. If it's big enough it may become an intestinal blockage. All of those things are potentially deadly. Most of us know to keep cooked chicken bones away from our dogs, but even larger, thicker bones, such as t-bones, can cause the same problems.

Feeding dogs raw bones, meanwhile, is just as bad as feeding them raw meat. A raw bone might be safe for your dog to eat, in fact the odds are it probably is, but there's also a chance it's full of harmful bacteria, such as salmonella and E. coli. A dog may have a better immune system for handling these diseases than a human, but their immune system isn't a perfect defense, and there's a real danger that they could become seriously ill.

With bones and other chews it's safest to stick with products that have been specially prepared and are specifically advertised as safe for your dog to chew.

CAFFEINE – Caffeine is commonly found in coffee, tea, soda, energy drinks, diet and fitness supplements, and some medications. Most of us consume at least a little bit of caffeine every day in some form. Unfortunately our furry friends aren't nearly as tolerant to it as we are. A very moderate amount of caffeine can be enough to cause heart issues, hypertension, seizures, and even death in a small dog. A couple laps of soda or coffee likely isn't going to cause any ill effects, but if your dog has any more than a

small amount of caffeine, especially if they manage to eat tea bags, coffee grounds, or espresso beans, or if your dog is showing signs of caffeine poisoning (such as restlessness, hyperactivity, an elevated or abnormal heart rate, an elevated body temperature, or tremors), then you should contact your vet or pet poison control immediately.

CHERRIES – Cherries are from the same family of harmful dog fruits as apricots, plums, and peaches. The pit of the cherry contains cyanide, which can make your dog seriously ill and even cause death. It can build up in your dog's body over time. The pit and stem of the fruit are choking hazards and can also cause obstructions in other parts of your pet's digestive track. Although the flesh of the fruit isn't nearly as dangerous, it's still known to cause an upset stomach in a lot of dogs. It's best to just not bother feeding cherries to a dog, even if the pit and stem have been removed, and be sure not to leave your dog unsupervised around a cherry tree.

CHIVES – Chives come from the same family as onions, and like onions they contain the chemical thiosulphate, which can cause hemolytic anemia in your pet. Hemolytic anemia is a serious condition that can cause lethargy, trouble breathing, diarrhea, vomiting, and even death. In some cases it can take as long as four days before symptoms appear. If your dog has eaten some chives, get them to a vet ASAP.

CHOCOLATE – You probably already know chocolate is bad for dogs, and eating some can potentially kill them. It's the food that's always pointed out should never be fed to dogs, because although it's fine for us, it's potentially

deadly to them.

The culprit is a chemical in chocolate called theobromine. Humans can process it just fine, but dogs can't, and it can quickly build up to toxic levels in their blood. All chocolate has at least some theobromine in it. Dark chocolate, bakers chocolate, and cocoa contain very large amounts of it, where as white chocolate has much less than most other kinds of chocolate.

Weight determines how much theobromine a dog can handle before they become sick. Even a small amount of milk chocolate or white chocolate can be enough to kill a very small dog. Larger dogs may not get sick from eating a small bit of chocolate, but even as little as one ounce of dark chocolate is enough to kill a 44 pound dog.

If your dog does ingest chocolate, you need to call your vet and get them over there right away. The usual treatment is forced vomiting or stomach pumping, but there is a very short window for when it has to be done.

CANDY – If you go to the store and buy up all the different kinds of candy they have, you'll have a smorgasbord of things your dog should never eat. The very best candies to give your dog are full of sugar and a bunch of empty calories, and your doggo will find it a lot less exciting than a dog treat. Chocolate, xylitol (sweetener), raisins, and assorted nuts are all common candy ingredients, and all of them are known poisons that can kill your dog. It's best to keep candies to yourself, and find other things to share with your best friend.

COFFEE (Grounds, Beans, And Chocolate-Covered Espresso Beans) – Coffee contains caffeine, which dogs have a very low tolerance for, and a caffeine overdose can be deadly. If your dog does manage to sneak a couple laps out of your cup of morning joe, or if they come running when you inevitably spill a bit from your overfilled mug on the floor, it probably won't be enough to make them sick, even if they are a small dog. A dog should never be given coffee though, and drinking a moderate amount of it can not only make them sick, it may actually kill them.

Coffee grounds and beans have a much higher concentration of caffeine, and if your dog gets into these you should contact your vet immediately. Chocolate-covered espresso beans are even worse for your dog because of the chocolate.

CORN ON THE COB – Some dogs love corn, and as long as they aren't allergic, it's a perfectly okay snack for them. In fact some popular brands of dog food use corn as a primary ingredient. However dogs have trouble telling which parts of food are edible and which are not, and unfortunately when a dog's unsure if something is food, they'll usually eat it just in case. Not only is the cob part of corn on the cob a choking hazard, but if your dog does manage to swallow it down it can cause an obstruction on their digestive track. When feeding your dog corn, just make sure you take it off the cob first and all should be fine. If your dog does eat the cob, first make sure they aren't choking, and if not take them to the vet right away for treatment.

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