

Animal Poison Control Center experts have put together a handy list of the top toxic people foods to avoid feeding your pet. If you suspect your pet has eaten any of the following foods, please note the amount ingested and contact your veterinarian or the [Pet Poison Hotline](https://www.petpoisonhelpline.com/) at 1-855-764-7661 right away.

Xylitol  
Xylitol is used as a sweetener in many products, including gum, candy, baked goods and toothpaste. Initial signs of toxicosis include vomiting, lethargy and loss of coordination. Signs can progress to seizures. Elevated liver enzymes and liver failure can be seen within a few days.

Alcohol  
Alcoholic beverages and food products containing alcohol can cause vomiting, diarrhea, decreased coordination, central nervous system depression, difficulty breathing, tremors, abnormal blood acidity, coma and even death. Under no circumstances should your pet be given any alcohol.

Chocolate & Caffeine  
These products all contain substances called methylxanthines, which are found in cacao seeds. When ingested by pets, methylxanthines can cause vomiting and diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death. Note that darker chocolate is more dangerous than milk chocolate. White chocolate has the lowest level of methylxanthines, while baking chocolate contains the highest.

Macadamia Nuts  
Macadamia nuts can cause weakness, depression, vomiting, tremors and hyperthermia in dogs. Signs usually appear within 12 hours of ingestion and can last approximately 12 to 48 hours.

Milk and Dairy  
Because pets do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other dairy-based products cause them diarrhea or other digestive upset.

Coconut   
The flesh and milk of fresh coconuts do contain oils that may cause stomach upset, loose stools or diarrhea. Coconut water is high in potassium and should not be given to your pet.

Grapes and Raisins  
Although the toxic substance within grapes and raisins is unknown, these fruits can cause kidney failure. Until more information is known about the toxic substance, it is best to avoid feeding grapes and raisins to dogs.

Nuts  
Nuts, including almonds, pecans, and walnuts, contain high amounts of oils and fats. The fats can cause vomiting and diarrhea, and potentially pancreatitis in pets.

Onions, Garlic, Chives  
These vegetables and herbs can cause gastrointestinal irritation and could lead to red blood cell damage.

Yeast Dough  
Yeast dough can rise and cause gas to accumulate in your pet’s digestive system. This can be painful and can cause the stomach to bloat, and potentially twist, becoming a life-threatening emergency. The yeast produce ethanol as a by-product and a dog ingesting raw bread dough can become drunk (See alcohol).