



Dog Food Safety Guide



Bleu (30 lb)



Sammy (50 lb)

EMERGENCY VETERINARY HOSPITALS

VEG South Loop CLOSEST

Open 24/7 · ~15 min · 1114 S Clinton St,
Chicago 60607

(872) 710-5226

MedVet Chicago

Open 24/7 · ~25 min · 3305 N California Ave,
Chicago 60618

(773) 281-7110

POISON HOTLINES & SUPPORT

ASPCA
(888) 426-4435

Pet Poison
Helpline
(855) 764-7661

Spot VetAccess™
(737) 212-9481

FOOD	SAFETY	NOTES
Alcohol	NEVER	Ethanol — stumbling, vomiting, slow breathing
Apple	SAFE	no seeds
Apple seeds	NEVER	Cyanide — panting, drooling (lots)
Asparagus	SAFE	cooked
Avocado	CAUTIOUS	GI upset; pit risk
Bacon	CAUTIOUS	fatty, salty
Banana	SAFE	
Bell pepper	SAFE	
Blueberries	SAFE	
Bone broth	SAFE	unsalted
Bread	CAUTIOUS	empty calories
Broccoli	SAFE	<10% of diet
Brussels sprouts	SAFE	
Butter	CAUTIOUS	pure fat
Caffeine (coffee, tea)	NEVER	Caffeine — restless, racing heart
Cannabis edibles	NEVER	THC — wobbly, dazed, dribbling urine
Cantaloupe	SAFE	no rind
Carrot	SAFE	
Cashews	CAUTIOUS	fatty (a few ok)
Celery	SAFE	
Cheese	CAUTIOUS	fat + lactose
Chicken	SAFE	cooked, plain
Chives & leeks	NEVER	Organosulfur — pale gums, anemia
Chocolate	NEVER	Theobromine — vomiting, racing heart, seizures
Cooked bones	NEVER	splinter, puncture gut
Cookies & cake	CAUTIOUS	sugar
Corn	SAFE	off the cob
Corn cobs	NEVER	blockage — ER
Cottage cheese	SAFE	low-fat
Cucumber	SAFE	

FOOD	SAFETY	NOTES
Deli meat	CAUTIOUS	salt + nitrates
Egg	SAFE	cooked
Fat & gristle	NEVER	pancreatitis
French fries	CAUTIOUS	fat + salt
Grapes & raisins	NEVER	Tartaric acid — vomiting, then kidney failure
Green beans	SAFE	
Ham	CAUTIOUS	very salty
Hops (brewing)	NEVER	Unknown — high fever, panting, racing heart
Hot dogs	CAUTIOUS	fat, salt, nitrates
Ice cream	CAUTIOUS	sugar + lactose
Large dog chews	NEVER	blockage
Lean beef	SAFE	cooked
Lettuce	SAFE	leafy greens
Liver	SAFE	cooked, small
Macadamia nuts	NEVER	Unknown — wobbly legs, tremors, fever
Mango	SAFE	no pit
Milk	CAUTIOUS	lactose
Moldy food / compost	NEVER	Mycotoxins — tremors, seizures
Mushrooms	SAFE	store-bought only
Nut shells	NEVER	blockage
Nutmeg	NEVER	Myristicin — disorientation, racing heart
Oatmeal	SAFE	plain
Onion & garlic	NEVER	Organosulfur — pale gums, weakness, anemia
Orange	SAFE	small, peeled
Pasta	SAFE	plain
Peach	SAFE	no pit
Peanut butter	SAFE	xylitol-free
Pear	SAFE	no seeds
Peas	SAFE	fresh or frozen

FOOD	SAFETY	NOTES
Pineapple	SAFE	
Pizza	CAUTIOUS	fat + onion/garlic
Popcorn	SAFE	plain, air-popped
Potato	SAFE	cooked only
Pumpkin	SAFE	plain
Raspberries	SAFE	
Raw yeast dough	NEVER	Ethanol + gas — bloated belly, drunkenness
Raw/green potato	NEVER	Solanine — GI upset, lethargy
Rawhide	NEVER	swells in gut
Rhubarb leaves	NEVER	Oxalates — drooling, tremors, kidney
Rice	SAFE	plain, cooked
Salmon	SAFE	cooked, boneless
Salty snacks (excess)	NEVER	Sodium — vomiting, tremors, seizures
Sardines	SAFE	in water
Sausage	CAUTIOUS	fat + salt
Spinach	SAFE	oxalates; limit
Stone-fruit pits	NEVER	Cyanide — red gums, panting, collapse
Strawberries	SAFE	
Sweet potato	SAFE	cooked
Tomato	SAFE	ripe only; no stems
Toothpicks in food	NEVER	punctures gut
Turkey	SAFE	cooked, plain
Watermelon	SAFE	no seeds or rind
Whipped cream	CAUTIOUS	fat + sugar
Whitefish	SAFE	cooked, boneless
Whole fruit pits	NEVER	blockage
Wild mushrooms	NEVER	Amatoxins — drooling, vomiting, liver failure
Xylitol (gum, candy)	NEVER	Xylitol — collapse, liver failure
Yogurt	SAFE	plain
Zucchini	SAFE	

Sources: Merck Veterinary Manual · ASPCA APCC · Pet Poison Helpline · FDA.
When in doubt, immediately contact your veterinarian or emergency animal poison hotline.