

When feeding our canine or feline friends, it's important to know what is beneficial and what is not. Cheap supermarket dog and cat food is full of meat-by-products that are harmful to your pet.

The ingredients in these foods can cause many diseases in your pets and shorten their lives. Furthermore, many of the allergies our pets may be suffering from may be caused by the things we are exposing them to in our homes, including the foods we feed them. It's been known that many of these things we expose them to have been known to cause cancer as well.



Keep anti-freeze away from all animals - it's sweet and enticing, but deadly poison.

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Recipe for home-made food

Ingredients: deboned and skinned chicken or ground beef, green beans, sweet potatoes (no skin), carrots, and brown rice.

- Cook the chicken (beef) in water and also all the vegetables.
- Cook the brown rice separately.
- Drain chicken/beef and vegetables.
- Run chicken/beef and vegetables through the food processor.
- Add all this to the cooked brown rice.

If you make enough for the week, you can freeze portions in freezer bags or containers.



Foods toxic to dogs and cats

Many pet owners are unaware of the toxicity and harmful foods we could be giving our pets. Here is a list of human foods that be toxic and harmful to your dog or cat.



ONIONS AND GARLIC

Both contain N-propyl disulphide and sulfoxides, which will cause the Heinz anemia in dogs. Avoid giving even in small amounts. (While neither animal fares well on onions and garlic, it does affect cats more than it affects dogs.)

CHOCOLATE

Chocolate can be fatal to dogs and cats. It contains Theobromine, a compound that is a cardiac stimulant and a diuretic.

GRAPES/RAISINS

Very harmful leading to kidney failure.

MACADAMIA NUTS, FRUIT PITS, WALNUTS AND SEEDS

Can potentially lead to kidney damage or especially in Macadamia nuts, it can lead to poisoning.

NUTMEG

Can cause damage to the central nervous system, and cause tremors and seizures.

BONES

Especially chicken bones should not be given. They can become lodged in the throat or splinter and cause intestinal lacerations.

POTATO PEEL, GREEN POTATOES, RHUBARB LEAVES, GREEN TOMATOES (leaves or stems), EGGPLANTS, PETUNIAS, PAPRIKA

They contain Oxalates, an ingredient harmful to the digestive, nervous, or urinary track. They are not digestible and can cause vomiting, seizures and even death.

BROCCOLI

Is toxic in large quantities.

CAFFEINATED DRINKS

Tea, coffee, soft drinks containing caffeine are dangerous because caffeine causes nervous system damage.

YEAST DOUGH

Can cause rupture of the stomach due to the gas and swelling it produces.

SUGAR-FREE FOODS

They contain Xylitol and have been found to cause liver failure in dogs. Xylitol is also found in chewing gum.

FATTY FOODS

Excessive fatty foods, fat trimmings, foods cooked or fried in oil can cause Pancreatitis.

AVOCADO

Any part of the avocado or avocado tree is toxic.

DAIRY PRODUCTS

This includes ice cream. Some pets cannot digest dairy products and may lead to gas and diarrhea.

MUSHROOMS

Mushrooms can cause liver or kidney damage due to the toxins.

SALT, BAKING POWDER, BAKING SODA

Can cause Electrolyte imbalance leading to muscle imbalance or congestive heart failure.

RAW EGGS/ RAW FISH

Can cause Salmonella poisoning. Raw egg whites contain a substance called avidin. It causes B vitamin deficiency, skin problems and bone deformities. Raw fish can also lead to B12 deficit which can cause loss of appetite and seizures

ALCOHOLIC BEVERAGES

Very dangerous. Can cause coma and even death.

PERSIMMONS

This fruit can cause intestinal blockage.

HUMAN MEDICINES, HUMAN VITAMINS, AND IRON SUPPLEMENTS

Can be deadly. Iron can be toxic for dogs. It causes damage to the stomach and intestinal lining and may attack other internal organs also.

LIVER

Feed only in low amounts. It contains vitamin A that in excess can lead to muscle and bone damage.

BABY FOOD

Often contains onion powder, which is toxic to dogs.

SPOILED AND MOLDY FOODS

Can cause digestive problems and even kidney damage. Keep your pets away from garbage.

FISH (see also RAW FISH), CANNED FISH, CANNED TUNA

Should not be fed in large amounts or exclusively because it lacks proper levels of vitamins and minerals. Can also lead to thiamine deficiency leading to loss of appetite, seizures, and in severe cases death.

CITRUS OILS & EXTRACTS

Can cause vomiting.

TURKEY SKIN

Turkey skin can give your dog or cat pancreatitis.

DOG FOOD, CAT FOOD

Dog foods and cat foods are made specifically for dogs and cats. Dog foods contain ingredients that if consumed repeatedly by your cat, will result in diseases affecting your cat's heart. Cat foods are generally made very high in proteins and fats and are not suitable for dogs.