

GOOD ALTERNATIVES

Not all treats are bad! There are some tasty human foods which are safe to give your pet as a healthy treat. While the following are safe for dogs and cats, it is important to give them in moderation, only offering small amounts at any one time. Don't forget to take these foods into account when calculating your pet's daily calorie intake!

* = good for cats too



AND DON'T FORGET TO ENSURE FRESH WATER IS AVAILABLE AT ALL TIMES



Vegetables

Carrots / Peppers / Celery
Cucumber / Green Beans
Cooked Pumpkin



Small Amounts of Fruit

Banana / Orange / Apple (not pips)
Blueberries / Raspberries / Strawberries
(remember to give in moderation as they contain high amounts of natural sugars)



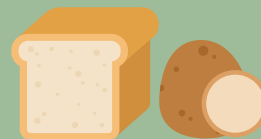
Cooked Lean Meats

Turkey* / Chicken*
off-the-bone, unseasoned,
ideally boiled or baked
(not roasted or fried)



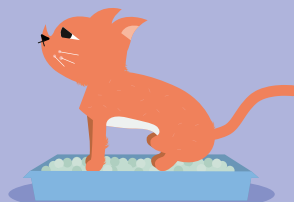
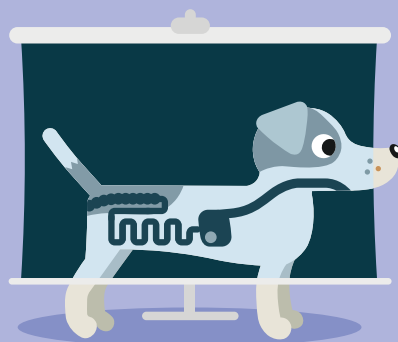
Fish

Canned Tuna in Spring Water*
(ensure not in oil as this is high fat,
or brine as too salty)
Cooked Salmon*



Carbohydrates

Boiled Rice (can be white or brown, but
should be plain with no sauce or seasoning)
Bread (small amounts)
Boiled Potatoes



Our guts are adapted to digest a varied diet on a daily basis; however, the same is not generally the case for dogs and cats. Their guts and gut bacteria get used to their normal daily diet, and any sudden change to this can result in an imbalance of the gut bacteria (dysbiosis) and potential tummy troubles.

While dogs tend to be the more common culprit for eating things they shouldn't, there are some cats who will scavenge, or happily eat anything they are offered, so we need to be mindful that the following foods are toxic to them too.



Protexin Veterinary have produced a full range of products designed to support your pet's gastrointestinal system. For more details about which product may be right for your pet, contact your veterinary surgeon.

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Why are some of our favourite foods a 'no-go' for our pets?

While there are many similarities between our digestive systems and those of dogs and cats, there are also some important differences. It's due to these differences that foods which we may enjoy on a regular basis may make our pets very poorly, following ingestion of even a small amount.

There are several reasons why dogs and cats can't eat the foods that humans can; for example: they've not evolved to do so; they are more sensitive to specific chemicals; certain foods cause a different reaction in dogs and cats upon ingestion; they lack the knowledge (or sense!) not to ingest the whole food, or excessive quantities of it.



**WHAT'S NOT ON THE MENU
FOR YOUR DOG OR CAT**





Chocolate

Chocolate contains theobromine, which is similar to caffeine; the darker the chocolate the greater the toxicity, but all types of chocolate should be avoided.

— CLINICAL SIGNS —

gastrointestinal upset, hyperactivity, increased heart rate or altered rhythm, tremors, seizures



Caffeine

Ingestion of coffee grounds or caffeine-containing tablets, chews or energy bars could result in toxic effects, as dogs and cats are much more sensitive to caffeine than people are.

— CLINICAL SIGNS —

hyperactivity, unable to settle, increased heart rate, blood pressure or body temperature, abnormal heart rhythm, vomiting; at high doses tremors, seizures, collapse

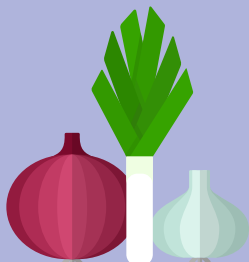


Alcohol

Similar to caffeine, our pets are much more sensitive to the effects of alcohol than people are.

— CLINICAL SIGNS —

vomiting, drooling, lethargy, depression, incoordination, weakness, collapse, decreased body temperature

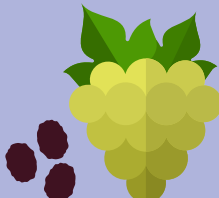


Onions, Garlic, Leeks, Chives

Including onion and garlic powders, found in many baby foods, ready-meals and gravy, ingestion can cause severe damage to the red blood cells of dogs and cats, resulting in anaemia.

— CLINICAL SIGNS —

gastrointestinal upset, drooling, pale gums, lethargy, increased heart rate, shallow, fast breathing, exercise intolerance



Grapes/Raisins

The toxic component found in grapes and raisins is still unknown. However, it is well established that some dogs and cats will develop acute kidney failure following ingestion of a small number of grapes or raisins.

— CLINICAL SIGNS —

gastrointestinal upset, abdominal discomfort, lethargy, reduced appetite, increased drinking, change to urination frequency/volume, dehydration

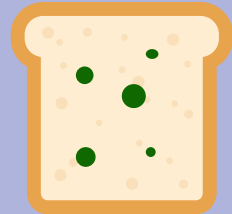


Xylitol (sweetener)

Contained in many sugar-free products, e.g. chewing gum, some peanut butters, 'skinny' ice-cream, even a small amount of xylitol can be dangerous to our pets, causing a rapid release of insulin which may result in sudden life-threatening hypoglycaemia and acute liver failure.

— CLINICAL SIGNS —

weakness, lethargy, collapse, tremors, seizures, vomiting, jaundice (yellow coloration of skin/eyes)

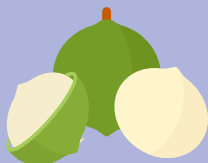


Mouldy Foods

Mycotoxins may be found in mouldy bread, pasta, nuts and even blue cheese. Mouldy foods can be very dangerous to dogs if ingested.

— CLINICAL SIGNS —

tremors, incoordination, seizures, high body temperature, drooling, vomiting



Macadamia Nuts

The biological mechanism of macadamia nut toxicity in dogs and cats is not known; however, ingestion of a small amount can result in severe symptoms.

— CLINICAL SIGNS —

weakness, depression, vomiting, shaking, elevated body temperature



Excessive Dairy

Puppies and kittens can digest milk; however, following weaning they do not continue to produce significant amounts of the enzyme lactase and therefore have a limited ability to digest lactose, contained in milk-based products.

— CLINICAL SIGNS —

gastrointestinal upset



Small, Sharp Bones

While bones themselves are not toxic, they can damage or obstruct the gastrointestinal tract if swallowed. Cooked bones can splinter so should certainly be avoided.

— CLINICAL SIGNS —

drooling, vomiting, unable to keep food down, abdominal pain, bloat, reduced defaecation frequency, constipation, lethargy, inappetance



High-Fat Foods

Foods such as roast potatoes, fatty meat trimmings, gravy, cheese, butter and nuts should be avoided as dogs and cats have not evolved to cope with the ingestion of high-fat foods. Sudden intake of large amounts of high-fat foods can result in pancreatitis.

— CLINICAL SIGNS —

vomiting, gastrointestinal upset, abdominal pain, adopting a 'prayer position' (with their elbows on the floor and bottom held in the air), lethargy



Uncooked Dough

A small amount of cooked bread may be given as a treat; however, uncooked dough may continue to expand following ingestion as gas is produced during fermentation; this may result in abdominal bloat or obstruction.

— CLINICAL SIGNS —

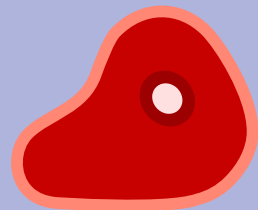
abdominal pain, abdominal distention, vomiting, unproductive retching



FOODS TO AVOID

Take a look to discover foods which may be toxic to your pets and learn to spot the signs if they have eaten something they shouldn't!

IF YOU THINK YOUR PET HAS EATEN ANY OF THESE FOODS PLEASE SEEK VETERINARY ASSISTANCE AS SOON AS POSSIBLE



Raw Meat

Bacteria such as *Salmonella* may be present on raw meat; they can infect dogs, cats and even the owner when handling it. If raw-feeding, frozen diets specifically prepared for dogs and cats with known safety and hygiene data are best.

— CLINICAL SIGNS —

gastrointestinal upset



Excessive Salt

Take care with high-salt foods, de-icers, playdough and sea water. We commonly use salt in our cooking, and are unlikely to consume enough for it to be toxic, but dogs (and some cats) are not always so sensible. Ingestion of salt at normal levels may just result in increased thirst; however, excessive consumption can be toxic to our pets.

— CLINICAL SIGNS —

increased drinking and/or urination, reduced appetite, gastrointestinal upset, lethargy, tremors, incoordination, seizures, coma



Certain Mushrooms

As with people, certain types of mushrooms can be poisonous to dogs and cats. Ingestion of poisonous mushrooms can cause a variety of symptoms, but at worst may result in organ failure.

— CLINICAL SIGNS —

drooling, gastrointestinal upset, incoordination, lethargy, depression, tremors, seizures

