

Holiday Food Safety Guide



2017 WINTER HOLIDAY PET FOOD SAFETY GUIDE

A guide to the common foods we humans love to consume during the winter holidays. We've listed those foods that are harmful to dogs and cats, and those they can safely enjoy along with you.

YES – Turkey. *It's a great lean protein to share with your pet. REMOVE any skin, fat and bones and stick to white meat.*

~~NO – Mushrooms, onions, garlic, leeks, or scallions.~~ Mushrooms are dangerous! If a dog or cat ingests mushrooms, side effects can be quite severe. They may include vomiting, seizures, coma and even death. Garlic is not easily digested by either dogs or cats.

YES – Mashed potatoes and Sweet Potatoes. Potatoes are safe for pets.

Caution: Plain only – no butter, sour cream, or any other ingredients should be added. **Tip:** Save a bit of the freshly cooked potatoes for your pet before creating your favorite recipe.

~~NO – Grapes and raisins.~~ Both can be toxic to pets. They are known to cause kidney failure in dogs.

~~NO – Cranberry sauce.~~ Almost all prepared fresh or canned cranberry sauces contain fillings such as raisins, sugar, pineapple or oranges with lots of sugar making this delicious side dish a **NO** for our pets.

~~NO – Xylitol or artificial sweetener.~~ Xylitol is poisonous to animals, and potentially deadly to dogs.

~~NO – Chocolate.~~ It's a pretty well-known fact that chocolate is a NO-NO for pets. Make sure this holiday season that your pet does not ingest any chocolate.

YES - Green Beans. Plain green beans are a perfect treat for pets. Save a few of your fresh cooked beans for your pet **before** adding other ingredients to spice up your favorite green bean recipe.

~~NO - Alcohol~~ is definitely OUT for pets. Giving a pet alcohol of any type or in any form (alcohol laced sweets, cake, etc.) is not funny, or cute. What people consider a small amount can be toxic to a smaller animal. Giving alcohol to an animal falls under the category of “cruelty to animals.”

YES - Pumpkin. Plain cooked pumpkin without additives is good for dogs and cats. It’s a healthy food, bursting with vitamins, beta carotene and fiber, and it helps with digestion.

~~NO - Stuffing.~~ Because we typically add ingredients such as garlic, onions and mushrooms which are very dangerous for pets, this tasty bread based dish gets a NO rating.

~~NO - Nuts particularly walnuts and macadamia nuts.~~ Both are very dangerous for dogs. Dogs can go into shock and experience tremors.

~~NO - Sage and Nutmeg~~¹ Sage contains oils and resins that can upset a dog’s stomach and eventually his central nervous system. When cooking with sage, make sure your dog and/or cat are not in the kitchen. Cats are especially sensitive to the effects of certain essential oils. Nutmeg has mild hallucinogenic properties that, when ingested, can cause seizures, tremors and central nervous system problems.

We trust you find this information helpful. Feel free to pass it on to friends and family. From all of us at [New Mexican Kennels](#), have a joyous Holiday Season.

¹ Pet Pav.com