

# Top 10 foods your pet shouldn't eat

Our research shows that 68% of dog owners and 47% of cat owners have fed their pets human food.\*

Eating some human foods can increase the risk of pancreatitis, kidney disease – not to mention food poisoning. If your pet eats any human food and shows signs of weakness, vomiting or any other unusual behaviour, contact your vet immediately.



68%



47%

## What to watch out for:



**Stone fruit**, like peaches and plums, can cause obstructions. Also, the stones contain cyanide, which is poisonous to both humans and dogs



**Grapes and raisins** can cause kidney failure in dogs, and even small amounts of the fruit can prove fatally toxic. Look out for vomiting, diarrhoea and dehydration.



**Nuts**, like macadamias and mouldy walnuts can cause toxic poisoning. Almonds and pistachios can result in an upset stomach or an obstruction.



**Bones** can splinter and cause an obstruction or lacerations.

**Corn**  
The cobs can cause a gastrointestinal obstruction.



**Alcohol** can cause seizures or respiratory failure.

Watch out for alcohol in hidden places, like desserts, sauces and the yeast in raw dough.



**Onion and garlic** toxicity can result in diarrhoea and vomiting and, in severe cases, damage and loss of red blood cells. It only takes a small amount to poison a cat or dog.

**Fatty foods and meat trimmings** can induce pancreatic inflammation.  
**Raw meat and fish** can cause food poisoning, like salmonella.



**Chocolate** contains theobromine which can cause vomiting, diarrhoea, excessive panting, abnormal heartbeat, seizures or even death. A standard 200g block of dark chocolate is potentially enough to kill a dog.



## True customer stories

One little pooch with a sweet tooth ate two hollow Easter bunnies and an Easter egg plus the foil wrapping, resulting in over \$1,000 in vet bills – and a noticeable chocolate smell when burping.

A sneaky Spaniel scooped a bottle of calcium supplements obviously meant for its human owners. The vet costs totalled more than \$1,000 after induced vomiting, blood tests and observation.



## Tips

- Be sure pets can't get at the rubbish bag and snaffle up those leftovers!
- Train pets to stay off the kitchen benches so they don't scavenge while your back is turned.
- Be aware of the ingredients in your meals. For example, if your pet gets their paws on a slice of your pizza, make sure they haven't just eaten onions or garlic.

Last year  
Southern Cross  
Pet Insurance  
paid claims  
totalling:\*\*

\$50,063  
for pancreatitis

\$26,966  
for seizures

\$20,718  
for kidney failure

Despite your most careful attention, pets can still get up to a bit of mischief and sometimes need a vet. Make sure you can afford the care they need with Southern Cross Pet Insurance.

Get a quote at [southerncrosspet.co.nz](http://southerncrosspet.co.nz) or call **0800 800 836**.