

## **Avocado**

Avocado is primarily a problem for birds, rabbits, donkeys, horses, and ruminants including sheep and goats. The biggest concern is for cardiovascular damage and death in birds. Horses, donkeys and ruminants frequently get swollen, edematous head and neck.

## **Chocolate, Coffee and Caffeine**

These products all contain substances called methylxanthines, which are found in cacao seeds, the fruit of the plant used to make coffee, and in the nuts of an extract used in some sodas. When ingested by pets, methylxanthines can cause vomiting and diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death. Note that darker chocolate is more dangerous than milk chocolate. White chocolate has the lowest level of methylxanthines, while baking chocolate contains the highest.

## **Citrus**

The stems, leaves, peels, fruit and seeds of citrus plants contain varying amounts of citric acid, essential oils that can cause irritation and possibly even central nervous system depression if ingested in significant amounts. Small doses, such as eating the fruit, are not likely to present problems beyond minor stomach upset.

## **Coconut and Coconut Oil**

When ingested in small amounts, coconut and coconut-based products are not likely to cause serious harm to your pet. The flesh and milk of fresh coconuts do contain oils that may cause stomach upset, loose stools or diarrhea. Because of this, we encourage you to use caution when offering your pets these foods. Coconut water is high in potassium and should not be given to your pet.

## **Grapes and Raisins**

Although the toxic substance within grapes and raisins is unknown, these fruits can cause kidney failure. Until more information is known about the toxic substance, it is best to avoid feeding grapes and raisins to dogs.

## **Macadamia Nuts**

Macadamia nuts can cause weakness, depression, vomiting, tremors and hyperthermia in dogs. Signs usually appear within 12 hours of ingestion and can last approximately 12 to 48 hours.

## **Milk and Dairy**

Because pets do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other dairy-based products cause them diarrhea or other digestive upset.

## **Nuts**

Nuts, including almonds, pecans, and walnuts, contain high amounts of oils and fats. The fats can cause vomiting and diarrhea, and potentially pancreatitis in pets.

## **Onions, Garlic, Chives**

These vegetables and herbs can cause gastrointestinal irritation and could lead to red blood cell damage. Although cats are more susceptible, dogs are also at risk if a large enough amount is consumed. Toxicity is normally diagnosed through history, clinical signs and microscopic confirmation of Heinz bodies.