

# Toxic Foods and Plants to Keep Away from Your Pet

Emma Lewis, PetLife Insider

Pets are family. I remember the day we picked up Bentley - the unsure wag, his loving eyes, OH - and the introductory pee on my shirt. My furry baby!

Total excitement waned as I realized how unprepared my husband and I were. I had just found a new job, the school year was starting, and so we would be away from Bentley for extensive periods during the week. I felt guilty crating him, so I gave him free range. What a mistake!

I came home to wrappers all over the floor, plants knocked off of the counter, and more stuffing removed from my couch than I knew it had. I really am so lucky that Bentley didn't get hurt. I felt like a terrible dog-parent and knew I had to be better, so I began researching ways to keep Bentley healthy & safe when I couldn't watch him.

I've spent an incredible amount of time scouring the web, and conferring with friends and vets (and vet friends). It's become my #1 concern (after taking care of my daughters, of course)! But the internet is overflowing with information, some of it even conflicting...

This is why I am excited to share my findings with you. You're part of the PetLife Insider family, and I want to make sure you have this important information!!

- Emma

# FOODS

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I'm not sure who enjoys cooking more, Bentley or me. No matter which dish I choose to craft, he is always by my side - with puppy eyes and a wagging tail - he's ready to clean up anything that hits the deck!

I've shared many meals with my friends who also have pets. The same thing always happens! This is why I've created a list of ingredients to be extra careful handling when cooking!

**1 - Grapes and Raisins** are toxic to dogs, and can even be fatal. It is unknown which ingredient(s) are the cause of toxicity, so skinning grapes and raisins for your pet should be avoided too. Contact your veterinarian immediately if your furry buddy ingests grapes or raisins; treatment is critical.

**2 - Xylitol** is a common ingredient used in human food, a sugar alcohol used as a substitute for sugar. However, if your pet ingests this ingredient, you should immediately seek consultation from a veterinarian. Foods that include Xylitol: gum, baked goods, sugar-free groceries, and even hygiene products such as mouthwash, toothpaste, lotions, gels, and deodorants.

**3 - Avocados.** Yes ... I'm guilty of asking for extra guac everywhere I go - it's so good! But, it's not good for your dog. While some veterinarians contest dogs are more resistant to persin, the fungicidal toxin in avocados, I highly suggest you keep these to yourself. Besides, who wants to share?



# PLANTS

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What a beautiful garden you've created! But your yard also requires long hours & a lot of maintenance. This is why I always enjoy company from my dog Bentley! But beyond foods, it's important to consider which plants are dangerous for your pet while they explore outdoors.

You wouldn't believe how dangerous even the simplest flowers can be! See my quick list below for plants that you should definitely keep out of your pet's sight.

**1 - Lilies & Tulips** are so delicate and pretty, yet when ingested by your pet, they can be extremely dangerous. Symptoms of poisoning occur within just a few hours. If you believe your pet has ingested these bulbs, contact your veterinarian immediately for assistance.

**2 - Mums** the word! Don't let your playmate near these beautiful flowers. Pyrethins and sesquiterpene make up part of the natural composition, and they are irritants to your dog's skin and digestive systems. Should your pet come into contact with them, and they exhibit discomforting signs, call your veterinarian or local poison control as soon as possible!



# About me

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Hello, I'm Emma, and I've loved dogs ever since my first puppy when I was 8 years old. I'm older now :-p but my fondness for pets has stayed the same. They give us so much, their unconditional love & boundless spirit bring smiles into our lives everyday! Now that I have my own family, my husband and I adopted a dog for our two girls so that they could experience this same joy.

And so, meet Bentley! We think he's a Jack Russell mix, about 2 years old, and he couldn't be sweeter with the girls. He wormed his way into our hearts on the first day, and he is the inspiration for my blog!

