Holiday treats pets should avoid

During the Holiday season there are a plethora of delicious treats to share around and enjoy, but sometimes the treats we enjoy can actually cause health problems for our pets. Our pets are not able to digest or metabolise many human foods and as a result they can cause illness in your furry friend. Here are some common festive foods your pet should avoid:

Christmas pudding and Mince Pies

Puddings, cakes and mince pies are typically filled with dried fruits such as grapes, raisins and sultanas all of which contain a dangerous toxin to pets. Even a small amount can result in vomiting and diarrhoea or in severe cases kidney disease.

Stuffing

Most stuffing contains onion and garlic, both of which are toxic to pets and can affect their red blood cells resulting in anaemia (low red blood cells). Other symptoms of onion and garlic toxicity can include rapid breathing, pale gums, lethargy, salivation and vomiting.

Gravy/Fatty Foods

We know the look on your pets face when the gravy is drizzled over your dinner and it can be tempting to add a little to their Christmas dinner too, but any gravy that has fat in it could contribute to a painful condition called pancreatitis. This can result in hospitalisation and can potentially become life-threatening. Most gravy has onion and garlic as well and is also a reason to avoid it. Any food containing high amounts of fat such as ham or bacon should also be avoided for the risk of pancreatitis.

Bones

We typically don't recommend feeding bones at any time of the year as raw ones can result in fractured teeth and possible gastrointestinal infections. Cooked bones as well can be very dangerous to give your pet as they can splinter easily possibly getting lodged in their mouths or worse inside the bowel, causing obstruction or perforation. This would be a potentially life-threatening situation. Feeding raw or cooked bones has potential risks and we recommend having a chat with us for alternative chewing options.

Chocolate

Chocolate contains an ingredient known as 'theobromine' that is toxic to pets. This ingredient is in all kinds of chocolate, including white chocolate. Higher levels are found in dark chocolate, cooking chocolate, and cocoa.

Chocolate toxicity causes a wide range of problems such as vomiting, diarrhoea, have excessive urination or become hyperactive. In more severe cases of chocolate toxicity, they can develop an irregular heartbeat, depression, coma, seizures or even death. Please give us a call for advice and take your pet to the vets immediately if they've consumed chocolate. A quick response can make all the difference.

Nutmeg

The rich fragrance of nutmeg can attract the attention of some pets. High levels of nutmeg can harm your pet's health. If eaten, it can cause increased heart rate, seizures, and tremors.

Avocado and stone fruit

A festive favourite for many, the seed of the avocado (or any stone fruit) can pose a dangerous threat to your pet. Avocados are also high in fat and may contribute to pancreatitis in dogs.
Alcohol

Dogs and cats are susceptible to adverse effects from even the smallest amounts of alcohol, and in large quantities, it can be fatal. Cats can be particularly attracted to cocktails containing cream like White Russians and eggnog, so keep your festive cocktails away from pets.

If your pet eats something that they shouldn't over the Christmas period, contact us, or an emergency vet as soon as possible.

A quick response can make all the difference.

(Darlinghurst: 9358 2566 or Double Bay: 9326 1255)

Dr Bri