



Thanksgiving Foods You Should **Never** Feed Your Pets

Safely celebrate Thanksgiving by not sharing these **7 foods** with your pets, no matter how much they stare at you with those adorable eyes. **Be strong! :)**

1. Cinnamon

Though shown to be beneficial to human health, cinnamon can cause problems for pets when consumed in large amounts as a powder or smaller amounts as an essential oil. Cinnamon overdose can lead to vomiting, diarrhea, low blood sugar and heart rate changes.

2. Nutmeg

As an essential spice to pumpkin pie and other seasonal dishes, nutmeg contains a compound called myristicin, which can cause stomach upset in dogs and cats if ingested in small amounts. In large amounts, myristicin can cause symptoms ranging from disorientation and high blood pressure to increased heart rate and seizures.

3. Onions

Onions contain a substance called thiosulphate, which causes a form of anemia in dogs and cats due to an abnormal breakdown of red blood cells. And onions don't have to be raw to be potentially lethal to pets. Toxicity can occur from fried, dehydrated or powdered onions in food, though signs and symptoms may not appear right away.

4. Garlic

Like onions, garlic contains the compound thiosulphate, which can damage red blood cells in cats and dogs, though signs and symptoms may have a delayed onset. And just a little can be deadly, since garlic contains significantly higher concentrations of thiosulphate than onions

5. Chocolate

In large amounts, chocolate can be fatal to dogs and cats. Theobromine, a compound similar to caffeine and found in all forms of chocolate (dry cocoa powder, baking chocolate, cacao and candy bars, as well as tea, cola beverages and açai berries) is considered toxic...and tempting, especially when left sitting unguarded on coffee tables. The darker the chocolate, the more toxic it is.

6. Fatty Turkey and Bones

Although turkey is generally a good lean protein for dogs and cats, stick with small amounts of white meat that's had the skin removed. Dark meat has more fat that can exacerbate pet obesity and cause inflammation of the pancreas (pancreatitis). Also, remove any bones, which can lodge in your pet's throat, stomach or intestine to cause serious damage and complications.

7. Foods Sweetened with Xylitol

As a sugar substitute found in diet baked goods, gum, candies and other foods, xylitol is safe for human consumption. Yet for dogs, xylitol can be lethal. Xylitol is rapidly absorbed into a pet's bloodstream and can cause hypoglycemia (low blood sugar), liver failure, seizures and even death in dogs.

*Here's to a safe, warm and memorable Thanksgiving **for both you and your pets!***