

Is Human Food Safe for Cats? What to Feed and Avoid

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Cats are connoisseurs of getting what they want, especially when it comes to getting a taste of what you're eating. While sharing is caring when it comes to fellow humans, giving your cat food from your plate could harm them in the long run.

Besides being a bad habit that could lead to excess weight gain, human foods can upset your cat's stomach, resulting in indigestion and diarrhea. And some foods that are perfectly safe for people could cause bigger issues for a cat than an upset stomach.

People Foods to Avoid for Cats

Here are some of the foods to watch out for and keep away from your cat.

Alcohol

Alcohol is dangerous for cats, so if you suspect your cat has ingested any, it's time to call

an animal poison control center and see your vet right away.

Chocolate, Coffee and Caffeine

All three contain methylxanthines, which can make your cat very sick. Generally, the darker the chocolate, the more dangerous it is for your pet, but even white chocolate should be avoided.

Coconut

Coconut water is too high in potassium to be safe for your pet and ingesting other forms of coconut is likely to give your cat a sour stomach.

Fat Trimmings and Bones

Fat trimmings, even if they're cooked, are likely to be too much fat for your cat's digestive system. Bones can splinter or become a choking hazard.

Grapes and Raisins

Grapes can be harmful to kidneys, so grapes and their dried cousins, raisins, ought to be avoided.

Milk and Dairy

Pets aren't able to break down the lactose in milk, so dairy products can cause a very upset stomach. This is especially important for older cats.

Liver

A little liver probably won't hurt, but a lot can cause vitamin A toxicity and impact your cat's bones.

Onions, Garlic, Chives

While they're tasty for humans, these alliums can irritate your cat's digestive system or result in anemia.

Raw/Undercooked Meat and Eggs

Uncooked meat and eggs can carry Salmonella and E. coli — bacteria that can harm you and your cat — and eggs carry risks for your cat's skin and coat health.

Salt

Salt is used in nutritious, complete and balanced cat foods, but too much salt outside of their normal diet can make your cat excessively thirsty and cause frequent urination. Don't share your salty snacks!

Stone Fruits

Even if the fruit is safe, small pits you'd find in apricots, cherries, peaches and plums can be

a serious choking hazard for cats.

Tomatoes

Tomato plants also contain solanine, though the ripe fruit isn’t considered toxic.

Yeast Dough

Yeast dough is built to rise, but in your cat’s stomach, it can create urgent health problems by creating too much gas and fermenting into alcohol.

In general, it’s best to avoid sharing human foods with your cat. Taking care of your cat’s health also means helping them make healthy choices, and that includes supervising what they eat! While it can be tempting to reward your cat for taking a pill with a nibble of something from the kitchen, FELINE GREENIES™ PILL POCKETS™ can be a tasty, easy way to give your cat medication. Treating your cat to food off your plate can also encourage begging behavior, which can lead to tension at the table.

It’s always recommended to feed your cat food and treats that are safe and designed for their specific nutritional needs. And if you’re looking for something tasty to reward your cat with, try a treat that supports their health, like FELINE GREENIES™ SMARTBITES™.

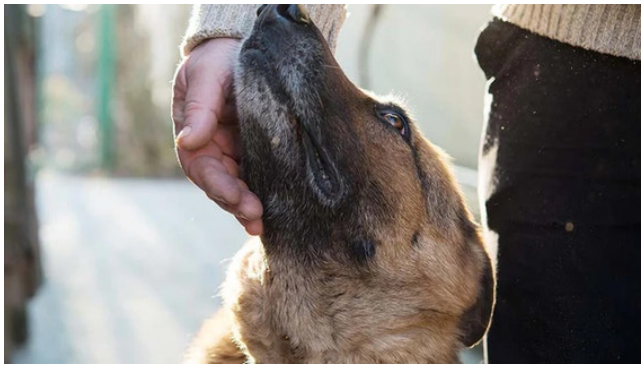
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