

Happy new year! As 2025 becomes 2026, we all start making our typical new year’s resolutions: spending more time with family, doing more exercise, eating better, etc. In that spirit, we want to discuss some dietary taboos for cats, too.

Please note this is NOT a comprehensive list of all human food products to avoid or moderate! We just want to highlight a few of the biggies.

- **Onions, Garlic, Chives, and Leeks:** When ingested, members of the allium family can damage red blood cells, causing anemia. While it’s dose dependent, cats are highly susceptible to these effects, so make sure to keep these flavorful items far from your cats.
- **Chocolate:** While delicious, chocolate contains theobromine and caffeine, both toxic stimulants for cats. It can cause issues ranging from gastrointestinal to cardiac to neurological, so please call us if your cat has eaten any chocolate and we can determine the best course of action.
- **Alcohol:** While this may be obvious for most people, cats cannot digest alcohol, and ingesting it can cause organ damage. Not a fun time for anyone!
- **Grapes and raisins:** It’s well-known that ingesting grapes or raisins can cause kidney failure in dogs. There isn’t as much data for cats, because cats are usually smart enough not to eat them, but it’s just as bad for their kidneys, requiring a similar treatment of fluids and monitoring.
- **Milk and dairy:** There is the classic Americana image of a cat drinking cream from a saucer, but actually most cats cannot digest dairy well! While some cats can have no reaction, others react with anything from moderate to severe gastric upset, so it’s best to just refrain from any dairy ingestion.

But wait! There’s more! This is by no means a full list of all human foods that should be kept from your cats. If you have any questions about specific food items, please don’t hesitate to call or email us to ask. It’s better to be safe than sorry when it comes to our furry feline friends. Let’s ring in the new year with healthy and happy cat cuddles!



Mommarillo is up for adoption ♥

