


Foods dogs should not eat chart

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Most dogs will happily chow down on human food, whether it's giving them a treat or they stealthily steal something from the counter. But some foods can be bad or even dangerous to your dog's health. Here are the common foods they can eat, and the ones you should be careful about giving about your dog ingest. The infographic below outlines foods that are good for dogs, well in moderation, and those you should definitely stay away from. Safe food is not surprising and is often used in recipes for home dog food like meat, carrots and rice. Foods better in moderation, like cheese or hot dogs, may be best preserved for use as an additional special treat- just as you won't be eating junk food for each meal yourself. And there are some foods like chocolate or gum that you should never give to your dog. This list is not exhaustive, and some dogs have more sensitive stomachs than others, so if you are unsure about food, consult your veterinarian. Can dogs eat bananas? 10 Toxic Foods. 23 Safe ones and a few in the middle Image from HerePup!. Getty's hard and fast food rules are a royal suck. But some foods can seriously mess with your health. That doesn't mean you'll get sick, get cancer, or die if you eat dangerous food once, says Nneka Leiba, deputy director of research at the Environmental Working Group (EWG), which catalogs research on potential toxins found in specific branded foods and ranks their safety in a massive database. But there are certain foods that you should avoid as much as possible if you have a choice. The worst culprits are additives in highly processed foods. We really don't know what the long-term effects these scientific projects might have, says Rachel Harvest, a registered dietitian affiliated with Tournesol Wellness in New York. With that in mind, do your best to stay away from foods that frighten Leiba, Harvest, and other registered nutritionists: 1. American Cheese: The reality is that American cheese isn't 'cheese' at all, says Beth Warren, a New York-based registered dietitian and author of Real Life With Real Life with Real Food. Depending on the brand, this plant is creating cheese-like food from a mixture of milk fats, solids, some whey protein, emulsifiers, and food coloring. It's high in sodium, and so high in fat, that one ordinary slice is more like meat high in fat than anything considered dairy, Warren adds. 2. Processed meat made with nitrates Nitric: Step away from the deli counter. Processed meats in the U.S. such as ham, salami, hot dogs and bacon are not just full of unhealthy fats. They can have up to 400 percent (!) more sodium and 50 percent more preservatives than unprocessed red meat. Worst: Some of them contain nitrites and nitrates, chemical supplements that have been linked to various cancers but are still used to enhance color, promote taste, and prevent prevent These ingredients should be listed on food labels, so look for them and choose meat that does not contain them. 3. Margarine: Because margarine is made from vegetable oils and has less cholesterol and saturated fat than butter, it has long been considered a healthy option. But now that experts say that dietary cholesterol is not as harmful as they thought, margarine, which is high in salt and contains artery clogging trans fats, doesn't look as healthy. Trans fat, like saturated fats, increases blood cholesterol and the risk of heart disease, explains Melissa Rifkin, a registered dietitian at Montefiore Medical Center in New York and Nutrition Coach Rise. Margarines sold in tubs tend to contain less trans fats than margarine sticks - the softer the spread, the better for you - but olive oil (or another source of monosaturated fats) is still a better bet. The real oil is a close second, according to Rifkin. 4. Regular soda: Everyone knows that soda is very bad for your health. In case you missed the backstory: the average can contain about 10 teaspoons of sugar. When you consume that much, your body reacts by creating an excess of insulin, which usually helps the body absorb sugar from the bloodstream and use it to generate energy. Over time, however, this over-the-top response may increase the risk of diabetes and some forms of cancer. If the sugar content of soda still doesn't scare you, its other ingredients may: the amount of caramel coloring you consume in a single can of soda a day has recently been associated with a 58 percent greater risk of cancer, according to a new study. 5. Diet soda: Although there is no straight up sugar in this material, there are artificial sweeteners and they are not necessarily better. Not all artificial sweeteners are equally offensive. However, most of them have a more intense taste than plain old sugar. Over time, extra-sweet sweeteners can dull your senses to naturally sweet foods like fruit, Rifkin says. So yes, your Diet of Coke can, theoretically, make the perfectly sweet taste of apple worse. Some other problems with drinking diet soda: It has been associated with depression, tooth decay, an increased risk of strokes and heart attacks, pancreatic cancer, and premature birth. So here's the thing. 6. Sugar-free candy: Sweets that are specifically advertised as sugar-free tend to contain artificial sweeteners too. (See, No 5 above.) Also: The digestive system doesn't do a great job of breaking down sugar substitutes and sugar alcohols. Harvest says: When you overdo it (and the threshold is different for everyone), you may incur some serious abdominal pain. 7. Conventionally grown apples: While a recent study found Conventionally grown products are not inferior to the nutrient material grown on organic farms, there is no doubt that pesticides used to grow regular products can damage the brain and nervous system, the system, to cancer, disrupt your hormones, and cause skin, eye and lung irritation, according to data collected by EWG. And pesticides tend to stay on some fruits and vegetables - even after washing and clean them. In an ideal world, you'd splurge on organic versions of the most contaminated foods: apples, peaches, nectarines, strawberries, grapes, celery, spinach, sweet bell peppers, cucumbers, cherry tomatoes, imported snap peas, potatoes, hot peppers, cabbage, and herbs, according to the latest EWG report. But most people don't have that. If there's one fruit to buy in an organic aisle, Rifkin says, make sure it's apples: 99 percent of the EWG apples tested contained leftovers of at least one kind of pesticide. However, there is one exception: When your only food options are a regular apple or processed snack, like a bag of crisps. In this case, says Leiba, a simple old apple is still your best bet. 8. Conditionally raised chicken and 9. Eggs: Some crazy shit goes down on inorganic farms where chicken feed can include traces of caffeine, Tylenol, Benadryl, banned antibiotics, and arsenic, according to some reports. Now that McDonald's and Costco are gradually out of chicken, raised with antibiotics, conventional chicken suppliers are likely to move to safer and more natural practices. After all, this can make it easier to find (and afford) the safest birds and eggs. Until then: Organic eggs and organic chicken (which may be less likely to carry salmonella, according to some studies) are really your safe bets, Rifkin says. 10. Bread and 11. Crackers Made with potassium bromide: This chemical is used to help bread and cracker dough grow during the baking process - even if it has been linked to certain types of cancer in animal studies, and it is banned in many other countries. That's a good enough reason for Leib to recommend against eating. Look for the ingredient on baked good labels or ask about it in the bakery where you buy freshly cooked bread and then choose the option of potassium bromate-free when you can. 12. Microwave popcorn: It's not a healthy meal out of the bag anymore, says Rifkin. Microwave popcorn bags, in particular, are often lined with a chemical called perfluorooctane sulfonic acid (PFOS), which has been shown to affect fertility, cancer risk and kidney function in animals and some human studies. Because microwave popcorn bags are not labeled as toxic, it is best to avoid them altogether. Another thing: Some microwave popcorn brands add unhealthy trans fats to their products, and vaguely list artificial flavors or natural flavors on their labels So there's no way to know exactly what's out there, Warren warns. At worst, the prescription may contain MSG, which can cause headaches or nausea, or diacetyl oil flavorings that can cause respiratory damage when inhaled. Inhaled, jumped out, anyone?) 13. Corn tortillas and 14. Cupcakes Made with Propylparaben: This common cosmetic ingredient is also used to preserve corn tortillas and muffins. (Just check the product label! If it contains a chemical, it will be listed as an ingredient.) Because the chemical acts like estrogen, it can throw your system out of shock - potentially tinkering with your fertility and accelerating the growth of breast cancer cells, according to some research. Unfortunately there aren't a ton of studies conducted on cumulative effects, so researchers don't know your propensity for tacos and propylparaben containing lotions can exacerbate the risk, says Leiba, who tends to dodge such foods and foods (in case). 15. Any packaged food with more than two ingredients you may not know. Like bottled hydroxyanisole (BHA) and bottled hydroxytoluene (BHT). These ingredients are antioxidants used as preservatives in foods such as chips, canned meat and cereals. BHA is an endocrine disruptor: High doses can affect ovarian size and their ability to produce certain hormones, Leiba explains. BHT is not an angel either: animal studies link the ingredient to motor skills issues and lung and liver tumors. While ingredients can affect animals and humans in different ways, you can't be a guinea pig, Leiba says. It is in your best interest to limit these chemicals as much as possible. Follow Elizabeth on Twitter. 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