

Safe Treats & Toxic Foods Reference

A printable guide to safer treat choices, human-food boundaries, and the foods cats should never eat.

Treats and safe extras can make feeding more flexible, but they also create the easiest place for routines to drift. A few generous bites here and there can slowly change appetite, calories, and mealtime expectations.

This quick reference guide keeps the boundaries clear. It highlights sensible occasional options, lists foods that should never be offered, and gives you space to note what your household wants to keep, limit, or avoid.

What this guide helps with

- Keeping treat use in proportion so meals stay nutritionally useful and appealing.
- Separating truly unsafe foods from foods that are simply unnecessary or likely to upset the stomach.
- Giving your household one practical reference before anyone offers table scraps or human snacks.

Occasional better choices

Option	How to use it	Best fit
Single-ingredient cat treats	Start small and count them as treats, not free extras.	Training or tiny daily rewards
Plain cooked chicken or turkey	Offer unseasoned pieces in very small amounts.	High-value reward
Wet-food topper from the same food family	Use lightly so the main meal still matters.	Meal encouragement
Freeze-dried meat treats	Useful, but easy to overdo because cats love them.	Puzzle toys or brief sessions

Never offer

Avoid	Why	Common examples
Onions, garlic, chives	Allium foods can be toxic to cats.	Seasoned leftovers, sauces
Chocolate and caffeine	Not safe for cats.	Desserts, coffee drinks, cocoa
Alcohol and raw dough	Serious safety risks.	Batter, cocktail residue, risen dough
Xylitol products	Sugar-free items are never worth the risk.	Gum, candies, some spreads

Use caution or keep rare

- Milk and dairy are common examples of foods people assume are fine, but many cats tolerate them poorly.
- Tuna and fish treats are very appealing, which is why they are easy to overuse.
- Rich, oily, or strongly seasoned leftovers may not be toxic, but they are often more trouble than they are worth.

Label reminders

- Short ingredient lists are often easiest to evaluate.
- Check whether a product is a complete food, topper, or treat before using it regularly.
- If something is highly palatable, reduce the quantity rather than making it routine.

Household reference notes

Food / treat	Keep, limit, or avoid	Notes

If your cat eats something unsafe or develops vomiting, diarrhea, lethargy, or unusual behavior after a food exposure, contact a veterinarian promptly. This sheet is a practical home reference, not a substitute for medical care.