

# FOOD CHEATSHEET FOR CATS

## SAFE TO EAT

Apples - *peeled, no seeds*  
Banana - *small amounts*  
Basil - *small amount*  
Beef - *lean, cooked*  
Beef liver - *cooked, in moderation*  
Blueberries - *small amounts*  
Bone broth - *plain, no salt, no onions/garlic*  
Canned Tuna in water - *small portions*  
Cantaloupe - *small amounts*  
Carrots - *cooked, plain*  
Chia seeds - *hydrated, small amounts*  
Chicken - *cooked, plain*  
Chicken gizzards - *cooked, plain*  
Chicken liver - *cooked*  
Coconut oil - *small amounts, helps with digestion*  
Cooked oats - *plain, small amounts*  
Cottage cheese - *low-lactose, in moderation*  
Crab - *cooked, plain*  
Cranberries - *unsweetened, in moderation*  
Duck - *cooked, plain*  
Eggs - *scrambled or boiled, no seasoning*  
Flaxseeds - *ground, small amounts*  
Green beans - *cooked, plain*

Kefir - *unsweetened, in moderation*  
Lamb - *lean, cooked*  
Lamb liver - *cooked*  
Mackerel - *cooked, plain*  
Olive oil - *small amounts, good for coat health*  
Peas - *cooked, in moderation*  
Plain yogurt - *unsweetened, no xylitol*  
Pork - *lean & unsalted, in moderation, cooked*  
Pumpkin - *plain, no spices*  
Quinoa - *cooked, plain*  
Rabbit - *cooked, plain*  
Raw Chicken - *only from the safe source*  
Rice - *cooked, plain, small amounts*  
Salmon - *cooked, plain*  
Sardines - *in water, no salt*  
Shrimp - *cooked, no seasoning*  
Strawberries - *small amounts*  
Sweet potatoes - *cooked, no seasoning*  
Tuna - *cooked, plain*  
Turkey - *cooked, plain*  
Watermelon - *seedless, no rind*  
Whitefish - *cooked, plain*  
Zucchini - *cooked or raw, no seasoning*

## SAFE OCCASIONALLY

Almond milk - *unsweetened, small amounts*  
Avocado flesh - *tiny amounts, avoid pit & skin*  
Bacon - *cooked, no seasoning*  
Beans - *cooked, no seasoning*  
Bell peppers - *small amounts, preferably cooked*  
Bread - *small bits, plain, preferably whole grain*  
Broccoli - *steamed, small amounts*  
Butter - *tiny amounts, not ideal but not toxic*  
Canned chicken - *low-sodium, in moderation*  
Cashew milk - *unsweetened, small amounts*  
Catnip  
Cauliflower - *cooked, tiny amounts*  
Celery  
Cheese - *small amounts, low-lactose*  
Cooked chickpeas - *tiny amounts, not preferred*  
Cooked corn - *plain, small bits*  
Cooked lentils - *tiny amounts*  
Cooked pasta - *plain, small amounts*  
Cooked potatoes - *plain, no butter or seasoning*  
Cucumbers  
Dog food - *lacks essential nutrients for cats*  
Duck eggs - *cooked, small amounts*

French Fries - *unseasoned*  
Ham - *tiny bits, avoid salty & processed varieties*  
Ice cream - *tiny amounts, dairy-free versions preferred*  
Lettuce  
Mango - *tiny amounts, no skin or pit*  
Mushrooms - *store-bought only, in small amounts*  
Oatmeal - *small amounts*  
Olives  
Peaches  
Peanut butter - *unsweetened, no xylitol, tiny amounts*  
Peanuts  
Pears - *peeled, no seeds*  
Pineapple - *small amounts, avoid core*  
Pistachios - *very limited amount*  
Plain tofu - *small amounts, not ideal for obligate carnivores*  
Popcorn - *plain, unsalted*  
Pumpkin seeds - *unsalted, plain, tiny amounts*  
Raspberries - *tiny amounts, occasional treat*  
Seaweed - *plain, no added seasoning*  
Spinach - *small amounts, avoid in cats with kidney issues*  
Venison - *lean, cooked, plain*  
Whipped cream - *tiny amounts, avoid added sugars*

## TOXIC

Alcohol - *toxic, even in small amounts*  
Almonds - *not directly toxic, but can cause stomach issues*  
Avocado pit & skin - *contains persin, toxic*  
Bones - *cooked bones can splinter and cause choking*  
Cherries  
Chives - *can cause digestive issues and anemia*  
Chocolate - *toxic to cats, contains theobromine*  
Cinnamon - *technically not toxic, but unsafe*  
Citrus fruits - *causes stomach upset and irritation*  
Coconut - *not toxic, but should be avoided*  
Coffee & Tea - *caffeine is harmful*  
Dairy milk - *most cats are lactose intolerant*  
Eggplant - *contains solanine, toxic to cats*  
Fried foods - *too much fat, unhealthy for cats*  
Garlic - *even small amounts can be toxic*  
Grapes - *can cause kidney failure*  
Honey - *technically not toxic, but unsafe*

Macadamia nuts - *toxic, cause weakness and tremors*  
Marshmallows - *not toxic, but very unsafe*  
Mushrooms - *wild ones can be deadly*  
Nutmeg - *can cause tremors and seizures*  
Onions - *cause anemia, toxic*  
Pepperoni - *not toxic, but very unsafe*  
Processed meats - *too much salt, preservatives*  
Protein/Granola bars - *often contain xylitol and artificial sweeteners*  
Raisins - *even tiny amounts can cause kidney failure*  
Raw dough - *contains yeast, can cause bloating and alcohol poisoning*  
Raw eggs - *risk of salmonella and biotin deficiency*  
Raw fish - *can contain parasites, thiaminase destroys vitamin B1*  
Spicy foods - *irritates stomach, can cause vomiting*  
Sugary foods - *unhealthy for cats, leads to weight gain*  
Tomatoes - *green ones contain solanine, which is toxic*  
Walnuts - *toxic, can cause vomiting and tremors*  
Xylitol - *toxic artificial sweetener, found in sugar-free foods*

