

# Printable Cat Safe Foods Chart

2026 Edition

Vet-Reviewed by Dr. Allona Jackson, DVM • AvailPet.com • Last Updated: April 2026

■ **SAFE**

Okay in small amounts as occasional treats

■ ■ **CAUTION**

Limited portions, specific prep required

■ **TOXIC**

Never feed — can cause illness or death

## ■ CATEGORY 1: SAFE — Okay in Small Amounts as Occasional Treats

Food	Safe Preparation	Max Portion	Frequency	Notes
Chicken	Cooked, plain, no skin/bones/seasoning	1 tsp – 1 tbsp	2-3x per week	Best treat option
Turkey	Cooked, plain, no skin/bones/seasoning	1 tsp – 1 tbsp	2-3x per week	Same as chicken
Salmon	Cooked, plain, no skin/bones/seasoning	1 tbsp	1x per week	Mercury risk
Tuna	Cooked or canned in water, no salt	1 tbsp	1x per week	Mercury risk
Eggs	Cooked (scrambled/boiled), plain	1 tsp	2-3x per week	High-quality protein
Shrimp	Cooked, peeled, tail removed, plain	½–1 small shrimp	1-2x per week	—
Green Beans	Cooked, plain, no salt	1-2 small pieces	2-3x per week	—
Pumpkin	Plain, canned or cooked	½ tsp	1-2x per week	Good for digestion
Carrots	Cooked, soft, plain, no salt	½–1 tsp	1-2x per week	—
Cucumber	Raw, peeled, cut into small pieces	1-2 small slices	2-3x per week	—
Strawberries	Fresh, washed, leaves removed	½–1 small berry	1-2x per week	Low sugar
Blueberries	Fresh or thawed frozen	1-2 berries	1-2x per week	—
Watermelon	Seedless, rind removed	1 small cube	1-2x per week	—
Raspberries	Fresh, washed	1-2 berries	1-2x per week	Lowest sugar
Catnip	Fresh or dried	¼–½ tsp	1-2x per week	Safe, non-addictive

## ■ ■ CATEGORY 2: CAUTION — Limited Portions, Specific Preparation Required

Food	Restriction	Max Portion	Frequency	Why Caution
Cheese	Hard, low-lactose only (cheddar, Swiss)	1 pea-sized piece	1-2x per week	High fat, high sodium, lactose
Yogurt	Plain, unsweetened, live-culture	¼–½ tsp	1-2x per week	Lactose (most cats intolerant)
Bread	Plain, cooked, no raisins/garlic	1 pea-sized piece	1-2x per week	Empty carbs
Oatmeal	Plain, cooked with water, no sugar	1 tsp	1-2x per week	Empty carbs
Rice	Plain, cooked, no salt/seasoning	1 tsp	1-2x per week	Empty carbs
Peanut Butter	100% peanuts, no xylitol/salt/sugar	¼ tsp	1x per week	High fat
Nuts (plain)	Almonds, walnuts (NOT macadamia)	½ crushed nut	1x per week	Choking hazard, high fat
Coconut	Fresh flesh only	¼ tsp	1-2x per week	High fat
Broccoli	Cooked, plain, no seasoning	1 small floret	1-2x per week	Causes gas
Spinach	Cooked, plain	1 small leaf	1x per week	Oxalates — avoid with urinary issues
Potatoes	Cooked, peeled, plain, no skin	1 tsp	1-2x per week	Empty carbs

Food	Restriction	Max Portion	Frequency	Why Caution
Sweet Potatoes	Cooked, peeled, plain	½–1 tsp	1-2x per week	Better than white potatoes

### ■ CATEGORY 3: TOXIC — NEVER Feed These to Your Cat

Food	Toxic Component	Symptoms	Emergency Action
Onion (all forms)	Thiosulfate	Pale gums, red urine, weakness, anemia	Call vet / Poison Helpline
Garlic (all forms)	Thiosulfate (5x concentrated)	Same as onion, more severe	Call vet / Poison Helpline
Chocolate	Theobromine, caffeine	Vomiting, tremors, seizures, heart failure	Call vet / Poison Helpline
Grapes / Raisins	Unknown	Kidney failure, vomiting, no urination	Emergency vet — NOW
Xylitol (sugar-free)	Xylitol	Hypoglycemia, seizures, liver failure	Call vet / Poison Helpline
Macadamia Nuts	Unknown	Weakness, tremors, hyperthermia	Call vet
Cherries (pits/stems)	Cyanide	Rapid breathing, red gums, seizures	Call vet / Poison Helpline
Citrus	Limonene, linalool (essential oils)	Drooling, vomiting, tremors	Call vet
Raw meat/fish/eggs	Salmonella, E. coli	Vomiting, diarrhea, fever	Call vet
Alcohol	Ethanol	Vomiting, disorientation, coma, death	Emergency vet — NOW
Caffeine (coffee/tea)	Caffeine	Restlessness, rapid breathing, tremors	Call vet / Poison Helpline
Raw dough	Yeast	Bloat, alcohol poisoning	Emergency vet — NOW

#### ■ Quick FAQ

**Q: Can cats eat bananas?**

A: Tiny amounts (1 thin slice), but very high sugar. Better: strawberries or raspberries.

**Q: Can cats eat apples?**

A: Yes — peeled, no seeds/core. 1 thin slice only.

**Q: Can cats eat popcorn?**

A: Plain, air-popped (no salt/butter) is not toxic but not recommended. Choking hazard.

**Q: Can cats drink milk?**

A: Most adult cats are lactose intolerant → vomiting, diarrhea. Plain yogurt is safer.

**Q: What's the 10% rule?**

A: Treats (including human food) should never exceed 10% of your cat's daily calories.

**Q: Can cats eat dog food?**

A: Emergency only (1-2 meals). Long-term causes nutritional deficiencies (taurine).

#### ■ EMERGENCY NUMBERS

Pet Poison Helpline (USA/Canada)

**855-764-7661**

ASPCA Animal Poison Control

**888-426-4435**

Your Veterinarian:

Emergency Vet Hospital:

■ Print in color

■ Laminate to protect from spills

■ Post on refrigerator

■■■■■ Share with all family members

■ When in doubt — don't feed it

■ Vet-reviewed by Dr. Allona Jackson, DVM (12+ years small-animal practice) • AvailPet.com • April 2026 • ■ For informational purposes only. Always consult your licensed veterinarian.