

FOODS TO AVOID

Many human foods can be dangerous for ferrets. The following represents a list of FOODS TO AVOID:

FOOD	ADVERSE EFFECTS/TOXICITY	COMMENTS
Alcohol	central nervous system depression, death in large quantities	Never allow alcohol ingestion
Avocado	potential vomiting and diarrhea	Contains persin; data are not definitive, but not part of a ferret's natural diet
Caffeine	agitation, increased heart rate	Stimulant found in tea, coffee, sodas, etc.
Chocolate and Cocoa	vomiting, diarrhea, increased or abnormal heart rate, tremors, seizures	Contains caffeine and theobromine
Currents (see Grapes)	kidney damage; high sugar content	See Grapes; Sugar
Dairy (milk, cheese, ice cream, etc.)	diarrhea	Contains lactase which may not be digested; see Sugar
"Dog" food	malnutrition	Insufficient caloric content; incorrect nutrient content for ferrets
Fruits	Contain sugars and other constituents that are not normally digested by ferrets	Not part of a ferret's natural diet; "stone" fruit pits from apricots, peaches, nectarines contain cyanide
Garlic	kidney damage	Contains N-propyl disulphide
Grains	digestive problems	Look for foods low in grains, such as wheat, oats, corn, etc.
Grapes	kidney damage and shut down	Unknown mechanism of action; see also Fruits, Sugar
Onions	hemolytic anemia	Contains N-propyl disulphide
Peas, legumes, pea protein-containing ferret foods	kidney and bladder stones	Increases urine pH
Raisins (see Grapes)	kidney damage and shut down	Unknown chemical
Sugar/Starch (sweets, potatoes, rice, bread, cookies, cereal, baked goods)	May promote pancreatic beta-cell tumors resulting in low blood glucose (hypoglycemia)	Stimulates the pancreas to secrete insulin
Sultanas (see Grapes)	kidney damage and shut down	Form of white grape
Tea (black, green, white)	vomiting, diarrhea, increased or abnormal heart rate, tremors, seizures	Contain caffeine and theobromine
Vegetables	Contains constituents that are not normally digested by ferrets	Not part of a ferret's natural diet
Xylitol (non-nutritive sweetener)	Low blood glucose (hypoglycemia); kidney failure	Found in "sugar-free" products, including chewing gum, candies, throat lozenges, toothpaste, and other consumer products.