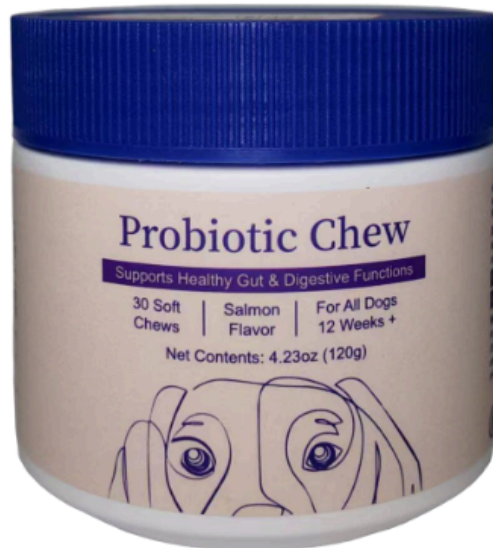


woofs

FREE GUIDE

The Filipino Kitchen Dog-Safe Food Cheat Sheet

Safe vs never: onion, garlic, chocolate, grapes, cooked bones and more



For Woofs pet parents

₱199 value

Your Woofs is on the way

Woofs puts 6 billion good bacteria in every chew. Table food with onion, fat or salt upsets that same gut. Print page 3. Stick it on the fridge, so everyone at home knows the rules.

1

We pack and ship your order.

2

The rider texts or calls you.

Have the cash ready. You pay when the parcel is in your hands.

3

Today:

Print the fridge sheet. Show it to your family.

Why it matters

Many Filipino dishes have onion and garlic. Both can harm a dog's blood cells, even when cooked or in powder form. Other foods are very salty or very fatty, and can upset the tummy.

The rule is simple: **plain, no bones, small amounts**. Cook all meat, fish and eggs. No salt, no oil, no onion, no garlic, no sauce.

If your dog ate something on the NEVER list

1. **Call your vet now.** Do not wait for signs.
2. Tell them **what** your dog ate, **how much**, and **when**.
3. **Do not make your dog vomit** unless the vet tells you to.
4. Keep the wrapper or a sample of the food.

Dog-Safe Food Fridge Sheet

Plain, no bones, small amounts. Not sure? Do not give it.

NEVER

- **Onion, garlic, spring onion, leeks and chives**, raw, cooked, or powder (adobo, ginisa, lugaw and pancit toppings, sinigang mix, longganisa, corned beef)
- **Chocolate and cacao** (tablea, champorado, brownies)
- **Grapes and raisins** (and raisin bread, ensaymada with raisins)
- **Xylitol**, a sweetener in sugar-free gum, candy and some peanut butter
- **Alcohol** (beer, gin, any drink)
- **Coffee, tea, energy drinks**
- **Macadamia nuts**
- **Avocado** (flesh, skin, pit and leaves)
- **Cooked bones** (chicken, pork, fish, lechon)
- **Raw bread dough**

CAREFUL

- **Fatty food**: lechon, crispy pata, chicharon, fried skin
- **Salty food**: bagoong, tuyo, daing, chips, instant noodles
- **Milk and cheese**: many dogs get gas or loose stools
- **Sweets**: kakanin, leche flan, cake
- **Mango**: flesh only, no seed, no skin
- **Corn on the cob**: the cob can block the gut

OK (plain, small amounts)

- | | |
|--|--|
| • Plain rice | • Kamote, cooked |
| • Boiled chicken, no skin, no bones | • Kalabasa (squash), cooked |
| • Boiled egg | • Carrots, cucumber, boiled sitaw |
| • Boiled fish meat, every bone removed | • Banana (no peel) or watermelon (no seeds, no rind) |

Daily treat: your dog's Woofs chews, by hand, like a treat. Up to 17 kg: 1 chew. 18 to 35 kg: 2. 36 kg and up: 3. Keep all treats under 10% of what your dog eats in a day.

This sheet is a guide, not a full list. Ask your vet about any food you are not sure of.

Family Food Check (2 minutes)

Ask everyone at home. Did the dog get any of these this week? Tick each one.

- ☐ Food cooked with onion or garlic
- ☐ Chocolate, coffee or sweets
- ☐ Grapes or raisins
- ☐ Cooked bones
- ☐ Fatty or salty food

Each tick is one rule to fix. Check again in 7 days. Aim for zero ticks.

Your vet's phone number: _____