Low-Light Plant Chooser and Pet Safety Card

FitInFlow.space · Based on University of Minnesota and Mississippi State extension guidance and the ASPCA plant database. Updated October 2026.

1. Measure your light at noon (free phone light-meter app)

Reading	Light level	What it means
Under 540 lux	Too dark	Plants slowly decline. Add a grow light or move closer to a window.
540 to 2,700 lux	Low	Every plant on this card will cope here.
2,700 to 10,800 lux	Medium	Low-light plants grow faster; most houseplants thrive.
Over 10,800 lux	High	Direct sun can scorch shade plants. Pull them back from the glass.

2. Ten low-light plants

Plant	Botanical name	Water	Cats and dogs	Ease
ZZ plant	Zamioculcas zamiifolia	Very low	**Treat as toxic**	Very easy
Snake plant	Dracaena trifasciata	Very low	**Toxic**	Very easy
Golden pothos	Epipremnum aureum	Low to moderate	**Toxic**	Very easy
Heartleaf philodendron	Philodendron hederaceum	Moderate	**Toxic**	Easy
Cast iron plant	Aspidistra elatior	Moderate	**Non-toxic**	Very easy
Chinese evergreen	Aglaonema	Moderate	**Toxic**	Easy
Parlor palm	Chamaedorea elegans	Moderate, even	**Non-toxic**	Easy
Peace lily	Spathiphyllum	Moderate	**Toxic**	Easy
Dracaena 'Janet Craig'	Dracaena fragrans	Low to moderate	**Toxic**	Easy
Prayer plant / calathea	Marantaceae	Even moisture	**Non-toxic**	Moderate

3. Quick checks

Signs of too little light

[ ] Pale or yellowing leaves
[ ] Long, thin, leaning stems
[ ] Big gaps between leaves
[ ] Variegation turning plain green
[ ] No flowers on a peace lily

Low-light care rules

Water only when the soil is dry; check with a finger or wooden dowel.
Always use pots with drainage holes.
Feed lightly in summer, not in winter.
Wipe dusty leaves; rotate a quarter turn weekly.
Grow light: LED, 12 to 24 in above leaves, 12 to 14 h/day.

4. If a pet or child chews a plant (keep this on the fridge)

Remove plant pieces from the mouth and offer water. **Pets:** your vet, or ASPCA Animal Poison Control **(888) 426-4435** (fee may apply). **Children:** Poison Control **1-800-222-1222** (US). **Emergency care** for trouble breathing, mouth or throat swelling, or repeated vomiting. Keep the plant label or a photo.

Air purification note: a 2019 Drexel University review found you would need 10 to 1,000 plants per square meter to match normal ventilation. Choose plants for enjoyment, not as air filters.