

# Pet-Safe Houseplant Checklist and Toxic Plant Watch List

FitInFlow.space · For information only, not veterinary advice. Based on the ASPCA plant database, UT Extension W 1128-C (2025) and FDA guidance. Updated October 2026.

**Pet ate a plant? Call now, even if your pet seems fine.** Your vet: \_\_\_\_\_

ASPCA Animal Poison Control: (888) 426-4435 (24/7, fee may apply) · Pet Poison Helpline: (855) 764-7661 (24/7, fee applies)

**Cats and lilies:** any contact with a true lily or daylily, including pollen or vase water, is an emergency.

## 1. Pet-safe houseplants (listed non-toxic to cats and dogs)

| Plant                   | Botanical name       | Light           | Plant                  | Botanical name     | Light            |
|-------------------------|----------------------|-----------------|------------------------|--------------------|------------------|
| Spider plant            | Chlorophytum comosum | Bright indirect | African violet         | Streptocarpus      | Bright indirect  |
| Boston fern             | Nephrolepis exaltata | Bright indirect | Holiday cactus         | Schlumbergera      | Bright indirect  |
| Parlor palm             | Chamaedorea elegans  | Low-medium      | Haworthia              | Haworthia          | Bright           |
| Calathea / prayer plant | Calathea, Maranta    | Medium          | Echeveria              | Echeveria          | Bright, some sun |
| Ponytail palm           | Beaucarnea recurvata | Bright          | Wax plant              | Hoya               | Bright indirect  |
| Money tree              | Pachira aquatica     | Bright indirect | Nerve plant            | Fittonia           | Medium           |
| Peperomia               | Peperomia            | Medium          | Bromeliads, air plants | Bromeliaceae       | Bright indirect  |
| Pilea                   | Pilea                | Bright indirect | Cast iron plant        | Aspidistra elatior | Low              |
| Golden bamboo           | Phyllostachys aurea  | Bright          | Gloxinia               | Sinningia speciosa | Bright indirect  |

Non-toxic does not mean edible. Eating any plant can cause mild vomiting. Check the exact species on [aspcanet.org](https://www.aspcanet.org).

## 2. Toxic plants to keep out of pet homes

| Plant                         | Main risk                     | Plant                      | Main risk                |
|-------------------------------|-------------------------------|----------------------------|--------------------------|
| <b>True lilies, daylilies</b> | <b>Kidney failure in cats</b> | <b>Sago palm</b>           | <b>Liver failure</b>     |
| <b>Oleander</b>               | <b>Heart rhythm problems</b>  | <b>Autumn crocus</b>       | <b>Organ failure</b>     |
| Kalanchoe                     | Stomach upset; rarely heart   | Jade plant                 | Stomach upset, lethargy  |
| Pothos                        | Mouth irritation, vomiting    | Philodendron, monstera     | Mouth irritation         |
| Dieffenbachia                 | Mouth and throat swelling     | Peace lily                 | Mouth irritation         |
| Dracaena, lucky bamboo        | Vomiting, drooling            | Snake plant                | Vomiting, diarrhea       |
| Aloe vera                     | Vomiting, diarrhea            | English ivy                | Vomiting, abdominal pain |
| Asparagus fern                | Berries, skin irritation      | Schefflera, arrowhead vine | Mouth irritation         |

Bold rows can cause organ damage. List is not complete.

## 3. Home plant audit

| Plant name on label | Room | ASPCA status (dogs / cats) | Action: keep / move high / rehome |
|---------------------|------|----------------------------|-----------------------------------|
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Also check: bouquets and gifts, pesticides and leaf shine, fertilizer storage, cactus spines, and pots that can tip.