

SAFE vs TOXIC Foods For Birds

GOOD



Broccoli& Cauliflower



Carrots



Celery



Brussel sprouts



Green beans



Peppers



Beets



Kale



Mustard greens



Sweet Potato*cooked



Pumpkin & other squashes

*Fruit should be fed only as a treat (high sugar!)



Bananas



Pomegranate



Blueberry



Strawberry



Raspberry



Pineapple



Mango *Remove pit!



Peaches *Remove pit!



Grapes



Рарауа



Pears
*Remove seeds!



Apples *Remove seeds!



Melons

Beans/Pulses/Legumes



Beans provide excellent nutrition for birds - but they should ALWAYS be **cooked or sprouted.** Dry beans are toxic.

When sprouting beans, be sure that the tail is at least 1/2" long.

BAD



Avocado



Tomatoes



Onions



Mushrooms



Chocolate



RAW Honey



Cassava/Yuca



Peanuts & Acorns



Fruit Seeds & Pits

* the seeds of apples & pears and pits of stone fruit, such as peaches, plums, apricots & cherries are NOT SAFE for birds! Always remove them.



Salt & Sugar



Alcohol



Coffee



Soda



Candy



Dairy

Disclaimer: "This is not a complete list or guarantee that foods on "good" list will never harm your bird. Before feeding new foods, do your research, ASK YOUR AVIAN VET. Although "Good" foods listed here are OK for most birds, some may be allergic to otherwise healthy food (much like some humans have a life-threatening allergic reaction to peanuts). Always consult your avian veterinarian about safe foods for your bird." - J&W Pets

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