### SAFE vs TOXIC Foods For Birds

#### GOOD
- Broccoli & Cauliflower
- Carrots
- Brussel sprouts
- 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
- Papaya
- Pears *(Remove seeds!)*
- Apples *(Remove seeds!)*
- Melons

#### 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

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**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.

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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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