

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
- Papaya
- 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