

# ***Non-toxic fruits & veg for birds***

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## **FRUITS**

- Apple
- Apricot
- Banana
- Blackberry
- Blackcurrant
- Blood orange
- Blueberry
- Cantaloupe melon
- Cherry
- Cranberry
- Dried dates
- Figs (fresh)
- Gooseberries
- Grape
- Guava
- Honeydew melon
- Kiwifruit
- Lychee (Litchi)
- Mandarin
- Mango
- Melon
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Quince
- Raspberry
- Red Currants
- Strawberry
- Tangerine
- Yellow Plum

## **VEG**

- Artichoke
- Beans, cooked only
- Bell Peppers
- Broccoli
- Brussels sprouts
- Carrot
- Cauliflower
- Celery stalks
- Chinese Cabbage
- Corn (milky & soft)
- Cucumber
- Eggplant (fruit only)
- Endive
- Fennel
- Green Beans
- Hot Peppers
- Kale
- Lettuce
- Peas
- Potato (cooked)
- Pumpkin (and seeds)
- Radish Red Beet (fresh)
- Radicchio
- Romaine Lettuce
- Spinach
- Sprouts
- Squash
- Sweet Potato
- Turnips
- Watercress
- Yams
- Zucchini

# Toxic food for birds

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## Avoid anything high in salt, sugar, and fat content

- Alcohol
- Apple seeds
- Apricot pits
- Asparagus
- Avocado (entire plant and fruit)
- Beans - Kidney, Lima
- Beans, any dried
- Butter
- Caffeine
- Carbonated beverages
- Cherry pits
- Chocolate
- Cigarette tobacco
- Dried fruits (containing sulfides or sulfates)
- Eggplant
- Gatorade
- Milk/cream in large quantities
- Nectarine pits
- Olives
- Onions (raw or cooked)
- Parsley
- Peach pits
- Pear pips
- Plum pits
- Raw Peanuts
- Rhubarb
- Tobacco
- Tomato (entire plant, a little fruit okay)
- Houseplants (most are toxic, not all)

## MORE INFORMATION:

### CHOCOLATE

Chocolate poisoning first affects a bird's digestive system, causing vomiting and diarrhea. As the condition progresses, the bird's central nervous system is affected, first causing seizures and eventually death.

### APPLE SEEDS

Believe it or not, apples - along with other members of the rose family including cherries, peaches, apricots, and pears - contain trace amounts of Cyanide within their seeds. While the fruit of the apple is fine for your bird, be aware that in addition to the poisonous seeds, there may be pesticides present on the fruit's skin. Be sure to thoroughly cleanse and core any apple pieces that you share with your bird to avoid exposure to these toxins.

### AVOCADO

The skin and pit of this popular fruit had been known to cause cardiac distress and eventual heart failure in pet bird species. Although there is some debate to the degree of toxicity of avocados, it is generally advised to adopt a "better safe than sorry" attitude toward them and keep guacamole and other avocado products as far away from pet birds as possible.

### ALCOHOL

Although responsible bird owners would never dream of offering their pet an alcoholic drink, there have been instances in which free roaming birds have attained alcohol poisoning through helping themselves to unattended cocktails. Alcohol depresses the organ systems of birds and can be fatal. Make sure that your bird stays safe by securing him in his cage whenever alcohol is served in your home.

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## **ONIONS**

While the use of limited amounts of onion or garlic powders as flavorings is generally regarded as acceptable, excessive consumption of onions causes vomiting, diarrhea, and a host of other digestive problems. It has been found that prolonged exposure can lead to a blood condition called hemolytic anemia, which is followed by respiratory distress and eventual death. Hemolytic anemia (HEE-moh-lit-ick uh-NEE-me-uh) is a condition in which red blood cells are destroyed and removed from the bloodstream before their normal lifespan is up.

## **MUSHROOMS**

Mushrooms are a type of fungus, and have been known to cause digestive upset in companion birds. Caps and stems of some varieties can induce liver failure.

## **TOMATO LEAVES**

Tomatoes, like potatoes and other nightshades, have a tasty fruit that is fine when used as a treat for your bird. The stems, vines, and leaves, however, are highly toxic to your pet. Make sure that any time you offer your bird a tomato treat it has been properly cleaned and sliced, with the green parts removed, so that your bird will avoid exposure to any toxins.

## **SALT**

While all living beings need regulated amounts of sodium in their systems, too much salt can lead to a host of health problems in birds, including excessive thirst, dehydration, kidney dysfunction, and death. Be sure to keep watch over the amount of salty foods your bird consumes.

## **CAFFEINE**

Caffeinated beverages such as soda, coffee, and tea are popular among people - but allowing your bird to indulge in these drinks can be extremely hazardous. Caffeine causes cardiac malfunction in birds, and is associated with increased heartbeat, arrhythmia, hyperactivity, and cardiac arrest. Share a healthy drink of pure fruit or vegetable juice with your bird instead - this will satisfy both your bird's taste buds and nutritional requirements.

## **DRIED BEANS**

Cooked beans are a favorite treat of many birds, but raw, dry bean mixes can be extremely harmful to your pet. Uncooked beans contain a poison called hemagglutinin which is very toxic to birds. To avoid exposure, make sure to thoroughly cook any beans that you choose to share with your bird.

## **PARSLEY**

After losing several birds (hook bills) and couldn't figure out why, I was told by several budgie breeders [after I told them I gave those birds parsley] that parsley is actually poisonous to hook bills. I just thought I'd share this with you about what I have experienced and learned from professional budgie breeders.

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### **OTHER FOODS TO AVOID:**

**FATTY FOODS:** High fat in the diet leads to obesity and may result in lipomas (fatty tumors), lipemia (fat in the blood), and hepatic lipidosis (fatty liver disease). Any greasy, oily, or otherwise fatty food should be avoided. Commonly overfed fatty foods include nuts, French fries, crackers, marbled meat, peanut butter, butter, fried chicken, fried anything etc.

**SUGARY FOODS:** Obviously, frosting is high in sugar and an undesirable foodstuff. Similarly, soda pop, candy and these types of foods are not recommended.

**DAIRY:** Birds lack the digestive enzymes needed to break down milk sugar and milk proteins. Uncultured milk products such as milk, cream, and butter should not be fed but yogurt, cheeses, and dried milk can be supplemented in the diet in moderation (they are also high in fat).

**ICEBERG LETTUCE:** A typical filler food, iceberg lettuce is low in everything except water. It is not recommended as a food supplement since it offers little, if anything, for the bird. If leafy foods are desired by your bird, try feeding spinach, collard greens, tops of bok choy, carrot tops or kale.

**AVOCADO:** Although higher in fat than other veggies and used in other countries to condition birds for breeding, avocado has been shown to be toxic in some birds and its feeding is no longer recommended, as mentioned above in the Toxic Foods list.