

Foods: The Good, The OK and The Never

It's all about the Parrot



Human foods can be great to share with your ever-begging feathered friends. However, some foods are very dangerous if not deadly to our babies. This is not meant to be the WORD on foods. Much research has gone into this list but if you have any questions, please contact your Avian Veterinarian.

I have attempted to put this into some kind of reasonable order so I hope you can find whatever food it is you are looking for. If you have specific questions or evidence that something within this booklet is incorrect, please let us know and we will research it further. The following lists are foods that are OK to feed to you parrots with exceptions listed.

Legumes

It is best to [boil beans for 10 minutes](#) to remove a harmful biproduct. Feeding raw or undercooked legumes is not a good idea for our birds.



Sprouting is a way to serve legumes safely, which is fabulous for birds.

*Green Beans are OK to serve raw, unlike the ones listed below.

Azuki Bean

Lentils

Rice Bean

Broad Bean

Lima Beans

Urad Bean

Chick Pea

Moth Bean

Velvet Bean

Cowpeas

Mung Bean

Winged Bean

Garbanzo Beans

Peas

Green Wax Beans

Kidney Beans

Pinto Bean

Yellow Wax Beans

Grains/Oats/Groats...

Always cook or sprout before you feed these.



Amaranth

Oatmeal

Wheat

Barley – hullless

Potato

Wheat

Brown Rice

Quinoa

Germ

Buckwheat

Red Quinoa

White Rice

Bulgar Wheat

Spelt

Whole oat

Farro

Sweet Potato

Wild Rice

Kamut

Teff



Vegetables/Greens

Acorn
Asparagus (cooked only)
Banana Pepper
Beet Root – (high in Iron, limited quantities only)
Beet greens
Bell Peppers
Broccoli
Bokchoy
Brussel Sprouts
Butter Lettuce
Cauliflower
Carrots
Carrot Greens
Corn
Celery (little to no nutritional value)
Collard Greens
Cabbage
Chinese Cabbage
Carrot Tops
Cactus Leaf
Chayote Squash
Cucumber
Chicory Greens (not in large quantities)
Chard
Cilantro
Cauliflower



Dandelion Greens (I would purchase these so that there are no pesticides on them)
Endive
Escarole
Fennel
Jalapeno Pepper
Jicama
Kale
Kohlrabi
Mustard Greens
Okra
Peas and Pods
Parsley
Pumpkin
Radish
Red Cabbage
Rhubarb (Not Leaves)
Romaine Lettuce
Spinach
Squash
Turnip Greens
Turnips
Water Chestnuts
Watercress
Yellow Squash
Zucchini

Fruits

* Do not feed the pits or seeds of these fruits



Apples*

Apricots*

Asian Pears*

Bananas

Blackberries

Blueberries

Cantaloupe*^

Cherries*

Citrus* - Lemons, oranges of all sorts, limes, Grapefruit, pineapple (in limited quantities only, citrus can leach calcium from a birds' bones)

Cranberries

Currents (red and black)

Dragon Fruit

Figs*

Grapes*

Honeydew Melon* ^

Kiwano

Kiwi

Mangos*

Melons*^

Nectarines*

Papaya*

Peaches*

Pears*

Pomegranates (seeds are good to feed and are rich in Iron and Potassium)

Palm fruit

Plums*

Raspberries

Star Fruit*

Strawberries (have very thin skins and soak up pesticides easily. Buy organic)

Tangerines*

Tomato - Cooked

Watermelon*^



Nuts & Seeds - Unsalted

Almonds
Brazil Nuts
Bread Nuts
Cashews
Chestnuts
Coconuts
Corn Nuts
Hazel Nuts
Kola nuts
Macadamia Nuts

Millet
Peanuts (only
unsalted Human
Grade)
Pine nuts
Pistachios
Pecans
Pumpkin Seeds
(unsalted)
Safflower Seeds



Sunflower Seeds
Walnuts
Hickory Nuts (in small
amounts, as hickory is
actually an
hallucinogen)



Good Miscellaneous Foods

- ☉ Cooked Chicken Bones
- ☉ Cooked Fish
- ☉ Cooked Meat
- ☉ Cornbread
- ☉ Cottage Cheese (in limited amounts)
- ☉ Egg Noodles
- ☉ Grain Breads
- ☉ Granola
- ☉ Kashi
- ☉ Well Cooked Eggs (Not runny. Cooked with shell to add calcium)
- ☉ Whole Wheat Pasta (Cooked if given as food)
- ☉ Yogurt



Limited Quantities of These Foods

Bagels
Biscuits
Butter/Margarine
Cabbage
Cake
Canned Foods
Canned Soup
Celery
Citrus Fruits
Cookies – no chocolate
Crackers
Cream Cheese
Fast Foods
Flour Tortillas
French Fries
Fried Foods
Hard Cheeses
Hominy Grits



Hot Dogs
Ice Cream
Kool-Aid
Lettuce
Lunchmeat
Macaroni & Cheese
Muffins
Parsley
Pastries
Peanut Butter
Pizza
Popcorn
Potato Chips
Pretzels
Sausages
Tortilla Chips



NEVER FOODS

The following foods are dangerous foods for our birds.
DO NOT FEED THESE FOODS TO YOUR BIRD!

- ψ Alcohol
- ψ Apple Seeds
- ψ Avocado
- ψ Caffeine
- ψ Carbonated Drinks
- ψ Catnip
- ψ Chocolate
- ψ Dried Fruits
- ψ Fruit Pits
- ψ Fruit Rinds
- ψ Garlic
- ψ Gatorade
- ψ Grapefruit Seeds
- ψ Marijuana
- ψ Melon Seeds
- ψ Mushrooms
- ψ Olives
- ψ Onions
- ψ Orange Seeds
- ψ Papaya Seeds
- ψ Rhubarb
- ψ Pear Seeds
- ψ Raw Meats
- ψ Rhubarb Leaves
- ψ Salty Foods
- ψ Soft Cheeses
- ψ Sugary Foods
- ψ Tomato - Raw
- ψ Uncooked Beans
- ψ Uncooked Rice
- ψ Whole Milk



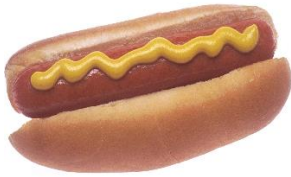
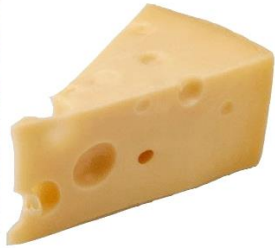
- ψ Anything with added sugar or salt
- ψ High fat foods





B

A



C



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