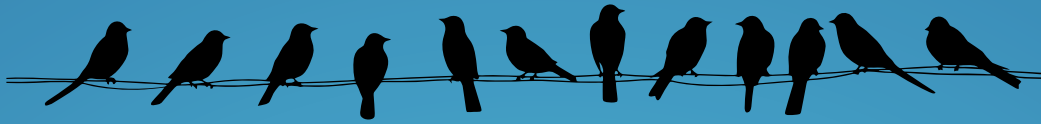


# PARROT FOOD GUIDE



Parrots are particularly sensitive creatures, who thrive in their native natural environments. But once they enter human homes with a very different assortment of foods, cleaning products, and even plants/grasses/flowers, they are presented with items that are toxic, can make them very sick, even die.

As much as you love your parrot, sometimes sharing is not a good idea. In fact, it can be the worst idea! While humans can share foods from fingers and utensils, parrots cannot tolerate our saliva on food. Human saliva has bacteria that can be very dangerous for parrots. So separate plates, please, with tidbits of foods healthful for your parrot and you.

Below are some foods your parrot should avoid.



Aloe vera – can cause stomach and kidney problems.



Avocado – can cause serious heart problems because the tree bark and leaves as well as the fruit contain the chemical persin.



Alcohol of any sort – liquor, wine, beer can cause mood swings, respiratory conditions and systemic poisoning.



Chocolate – can cause diarrhea, vomiting, seizures, and death due to caffeine, methylxanthines, and theobromine.



Citrus (lemon, lime, grapefruit) – can cause stomach upset due to acidity



Coffee beans – can cause elevated heart rate due to caffeine.





Cooking oils - can cause breathing problems from inhaling fumes while frying food, also tumors from eating fatty foods.



Dairy (milk, cream, butter, margarine, cheese, ice cream) - can cause lactose intolerance, stomach upset, and too much fat.



Fruit pits or seeds - can contain or convert to cyanides, BUT ripe papaya and pomegranate seeds are safe.



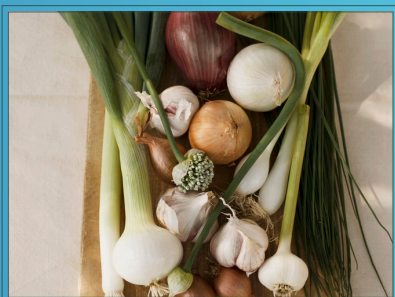
Honey - can contain bacteria and grow mold that will harm parrots.



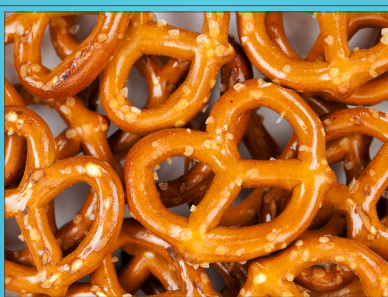
Mushrooms - can cause digestive and liver disease.



Nutmeg - can cause nausea, vomiting, dizziness due to myristicin, a narcotic.



Onions, chives, shallots, garlic - can cause red blood cell destruction (hemolytic anemia).



Pretzels - can cause thirst, dehydration, and kidney failure due to high salt content that unbalances electrolytes and fluids



Raw peanuts - can cause liver disease and cancer due to aflatoxin growth in poorly stored peanuts.



Tomatoes, spinach, and foods containing oxalic acid - can cause blood calcium levels to decrease and worsen kidney diseases.



Vitamins and minerals - important for birds in the proper amounts. Ask your avian vet specialist.



The best diet - includes high quality pellets, fruits, vegetables, just a few seeds and nuts, - and - for some parrots nectar.