"People Foods" to Share With Your Bird

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Just like you, your bird appreciates variety – new textures, tastes, and colors – in her daily diet. Providing treat variety can be as easy as visiting your refrigerator for the fresh fruits and veggies you enjoy, too!

Keep fresh foods in their natural state when possible and serve them creatively to maximize entertainment value. The following foods add fun, healthy variety:

VALUABLE VEGETABLES		
Broccoli (head and leaves)	Carrot (roots and tops)	Cauliflower
Cooked sweet or red potatoes	Corn	Cucumber
Green beans	Parsley	Peppers
Radishes	Red beets (peeled)	Romaine or green/red leaf lettuce
Sugar snap or snow peas	Tomato	Turnips
FABULOUS FRUITS		
Apples (without seeds)	Apricots	Banana
Berries	Cherries	Cranberries
Grapefruit	Grapes	Honeydew
Kiwi	Mango	Oranges
Papaya	Peaches	Pears
Pineapple	Star Fruit	Tangerines

Treat Time No-Nos

While sharing "people food" can be fun, improper choices can cause allergies, obesity, intestinal distress, and other problems.

ALWAYS AVOID THESE FOODS		
Apple seeds	Fruit pits	High-fat processed "junk" food
Avocado	Chocolate	Alcohol
Caffine	Carbonated beverages	Persimmons
Table salt	Onions	Mushrooms
Rhubarb		

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