

# "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                  |                      |                                |