

# "People Foods" to Share With Your Bird

*Drs. Foster & Smith Educational Staff*



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		