

Foods not to feed your bird

List 1: Do NOT Feed Your Bird



- **Chocolate:** Theobromine and caffeine, which are both classified as methylxanthines, can cause hyperactivity, increased heart rate, tremors, possibly seizures, and

potentially death when chocolate is ingested at a toxic dose. As a general rule of thumb, the darker and more bitter the chocolate, the more potentially toxic.



- **Avocado:** All parts of the avocado plant contain the toxic principle, persin, and have been reported to be a cardiac toxic to birds. Small birds such as canaries and budgies are considered to be more

susceptible. Clinical signs like respiratory distress usually develop 12 hours after ingestion; death can occur within 1 to 2 days.



- **Caffeine:** We all love caffeinated beverages, such as coffee, tea, and soft drinks, because they taste great, stimulate us, and wake us up. But these tasty beverages ,even

a sip or two, can be toxic to our feathered companions. Caffeine can increase heart rate, induce arrhythmias and hyperactivity, and even cause cardiac arrest in birds.



- **Onion, garlic:** Onion and garlic toxicity is well recognized in dogs and cats. Concentrated forms, like garlic powder or onion soup mix, are more potent than raw vegetables.

Fatal toxicity has been described in geese fed large amounts of green onions as well as one conure fed large amounts of garlic.



- **Stone fruit pits or apple seeds:** Apple seeds and fruit pits from cherry, plums, apricots, and peaches contain cyanide.



- **Sugar-free candies:** The sugar alternative/artificial sweetener, xylitol, found in sugarless gum and many diet foods causes low blood sugar levels, liver

damage, and possible death in dogs and other animals. While the effects haven't been studied in birds, birds have a faster metabolism than many other species and might therefore be very sensitive to the toxic effects of even tiny amounts of this chemical.



- **Salt:** We all love salty chips, popcorn and crackers. But, just as too much salt isn't good for us, it also isn't good for our birds, and even a little bit is potentially toxic to a small bird.

Even one salty chip or pretzel can upset the electrolyte and fluid balance in a bird's tiny body, leading to excessive thirst, dehydration, kidney failure, and death.



- **Fat:** We all know that consumption of high-fat foods, such as butter, oil, fatty meats, and nuts can result in build-up of cholesterol deposits in the

walls of our arteries (known as atherosclerosis), leading to heart disease and stroke. It can also lead to obesity and all the health problems that go with it. The same occurs in birds, and certain species, such as Amazon and Quaker parrots, are more prone. Therefore, just as we should limit consumption of high-fat foods, so should birds.

List 2: Probably Should Not Be Fed to Your Bird



- **Dairy products:** Although not technically toxic, bird species that have been tested cannot digest lactose. As the amount of dairy in the diet increases,

birds can develop diarrhea.

List 3: Can Be Fed to Your Bird with CAUTION



• **Peanuts:** Mouldy peanuts or peanut products (as well as corn and other cereal grains) can be contaminated by a toxin-producing fungus.



Mushrooms are occasionally listed on toxic food lists. Essentially all fungi should be avoided, as they can cause a variety of different digestive problems in birds. Some species of mushroom are toxic and will cause a near-immediate death, while others will kill more slowly through liver failure or infection