



Safe Food for Parrots

Always prepare fruit and vegetables as for human consumption. Buy organic foods if possible to reduce pesticide loads.

For African Greys: 90% commercial pelleted diet + 10% fruit and veg mixture

Vegetables	Fresh	Boiled	Steamed
Broccoli	✓		✓
Carrot	✓		✓
Courgette	✓	✓	
Tomatoes	✓		
Sweet potato		✓	
Sugar snap peas	✓		✓
Mange-tout			✓
Green beans		✓	✓
Beetroot	✓		✓
Radish	✓		
Corn on the cob	✓	✓	
Peppers (red- Chilli)	✓		
Cabbage	✓	✓	
Pumpkin	✓		
Celery	✓		

Tropical Fruits

Papaya Pineapple Banana Guava Melon Figs
 Kiwi

Poisonous pip/stone → remove

Peach Nectarine Mango Apple Apricot

Occasional treat / training

Coconut meat Grapes

Unsafe / Toxic

Avocado Rhubarb Olives Aubergine Alcohol
 Asparagus Chocolate Caffeine Milk / Cream Butter
 Mushrooms Coriander Nutmeg

