

Safe Food List

Apples (not seeds)	Chard	Romaine	Plums
Apricots	Cheese (Cottage)	Rosemary	Pods
Asparagus	Cherries	Spinach	Pomegranates
Bananas	Chicken (Cooked)	Kale	Popcorn (Unsalted)
Barley (Cooked)	Cockatiel Pellets	Kiwi Fruit	Potato (Cooked!)
Basil	Cockatiel Seed Mix	Leaf Lettuce	Prunes (unsulphured)
Beet Greens	Coriander	Lean Meat (Cooked)	Pumpkin
Beetroot	Corn	Lemon Balm	Raisins (unsulphured)
Beets	Crackers	Lima Beans (cooked)	Rice (Cooked)
Berries	Cranberries (unsulphured)	Mangos	Rockmelon
Biscuits (no chocolate)	Cucumber	Melons (not seeds)	Sunflower Seeds
Blueberries	Cuttlefish	Millet Spray	Sweet Peppers
Bok Choi	Dandelions	Mustard Greens	Sweet Potato (Cooked)
Broccoli	Dill	Nectarines	Swiss Chard
Brussel Sprouts	Dried Fruit (Unsulphured)	Oatmeal (Cooked)	Thyme
Callard Greens	Eggs (Cooked)	Oranges	Toast
Cantaloup	Fennel	Oregano	Tomatoes
Capsicum	Ginger Root	Papayas	Turkey (Cooked)
Carrot Tops	Grapefruit	Parsley	Turnip Tops
Carrots	Grapes	Pasta (Cooked)	Watercress
Celery	Guaves	Peaches (no seeds)	Watermelon (not seeds)
Cereals	Honey Stick	Peas	Winter Squash
Chamolie	Honeydew Melon	Sprouts	Yoghurt
Chicory	Iceberg Lettuce	Strawberries	Zuchinni

Not Safe Food List!

Alcohol	Caffeine	Fruit Seeds	Peanuts (Potentially)*
All Houseplants	Chocolate	Garlic	Raw Potato
Avocado	Cream	Honey	Rhubarb (all of it)
Beans	Eggplant	Milk	Salt
Cabbage	Fatty Foods	Mushroom	Sugary Foods