

Can My Budgie Eat This?

Fridge poster: safe, sometimes and never foods. Free from ThePerruches.com

✓ Safe: offer often

- Romaine and leaf lettuce, kale, bok choy
- Broccoli (florets and stems)
- Carrot (and tops)
- Bell pepper (no stem)
- Cucumber, zucchini
- Peas and green beans
- Cooked sweet potato, pumpkin
- Celery (short pieces)
- Millet spray (as a treat)
- Good-quality pellets and seed mix
- Fresh, clean water

⚠ Sometimes: small amounts

- Apple and pear (no seeds or core)
- Banana, berries, melon
- Mango, papaya, kiwi
- Grapes (halved)
- Citrus (small piece)
- Spinach and chard (oxalates)
- Corn on the cob
- Plain cooked rice or pasta
- Plain whole-grain bread (tiny bit)
- Hard-boiled egg (tiny bit)
- Nuts: unsalted, tiny pieces

✗ Never: toxic or dangerous

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| • Avocado | • Apple seeds | • Mushrooms |
| • Chocolate and cocoa | • Cherry, peach, plum and apricot pits | • Salty, fried and fatty food |
| • Caffeine (coffee, tea, cola) | • Rhubarb leaves | • Sugary sweets and sugar-free sweets (xylitol) |
| • Alcohol | • Tomato and potato leaves and stems | • Anything mouldy |
| • Onion and garlic | • Uncooked or dried beans | • Non-stick (PTFE) fumes |

Tips: wash all fresh food; remove uneaten fresh food after a few hours; introduce new foods one at a time and offer them many times before giving up.

If your bird eats something toxic: call an avian or emergency vet at once. Vet: _____ Phone: _____

ThePerruches.com · General information, not veterinary advice. When in doubt, leave it out.