

NEVER FOODS

These foods are to be avoided.

- Alcohol
- Avocado
- Caffeinated beverages (coffee)
- Milk/Cream
- Chocolate
- Seeds or pits (apple, peach, plum, cherry, other stone fruits)
- Raw meat
- Raw eggs
- Mushrooms
- Dried Beans (cooked beans are safe)
- Raw white potatoes
- Moldy or spoiled foods

Not recommended

- Raw garlic
- Raw Onions
- Eggplant
- Rhubarb
- Ice cream

HEALTHY FOODS

This list is not complete, it is simply a guide.

GRAINS

- Spelt Berries
- Kamut
- Hulled Yellow Millet
- Oat Groats
- Quinoa (red or white)
- Barley
- Amaranth (soak or cook)
- Buckwheat
- Brown or white rice (sparingly)

LEAFY GREENS and VEGETABLES

- Kale
- Dandelion greens
- Carrots (and carrot tops)
- Turnip greens
- Mustard greens
- Broccoli
- Brussels sprouts
- Cauliflower
- Kohlrabi
- Zucchini
- Tomatoes (No seeds, stems or leaves)
- Summer Squash
- Chayote squash
- Cucumber
- Green beans
- Parsnip
- Sweet Potato
- Pumpkin
- Endive
- Escarole
- Water cress
- Bok Choy
- Lettuce mix Dark Leafy Romaine
- Jalapeño
- Chili peppers
- Cilantro
- Bell Peppers
- Turnip
- Rutabaga
- Celery
- Cabbage*
- Parsley*

- Beets & beet greens*
- Swiss chard*
- collard greens*
- radishes*
- spinach*

FRUITS

- Apple
- Banana
- Mango
- Papaya
- Cantaloupe
- Apricot
- Peach
- Pears
- Cranberry
- Blueberry
- Raspberry
- Strawberry
- Blackberry
- Cherries (not the pit)
- Kiwi
- Watermelon

NUTS

- Almonds
- Pine nuts
- Pistachio
- Walnuts
- Pecans

LEGUMES

- Split Peas
- Green Lentils
- French Lentils
- Chick peas (Garbanzo's)
- Adzuki

SEED

- Canary
- White Millet
- Yellow Millet
- Sunflower
- Safflower
- Fennel
- Pumpkin
- Flax
- Spray Millet
- Sesame Seeds
- Hemp

DAIRY

- Yogurt or cheese (Low-fat or Non-fat)

OCCASIONAL FOODS

When feeding human food, Use restraint and common sense.

Examples below:

Prepared foods high in FAT

Potato chips
Vegetables with butter or sauce
Fried foods
Fatty meat
Pizza
Pie Crust

Prepared foods high in SALT

Salted potato chips
Salted corn chips
Salted nuts
Salted crackers
Salted vegetables or meats
Many prepared foods such as microwave entrees (too high in sodium)
Salted popcorn
Bacon, ham and other cured meats

Prepared foods high in SUGAR

Cakes
Cookies
Sweetened juices
Sugary cereal
Sherbet

*Contain oxalic acid, a naturally occurring substance may cause birds from properly absorbing calcium. (These are healthy to feed, but in moderation.)