

■ Safe Foods for Parrots

A Free Species-Safe Feeding Reference Guide

The Holistic Pet · theholistic-petnamibia.com · Rooted in nature. Raised with love.

Not everything from the produce aisle is safe for parrots — and getting it wrong can be seriously harmful. This guide gives you a clear, printable reference for what to feed, what to limit, and what to avoid completely.

■ FRUITS — Safe & Unsafe

✓ SAFE TO FEED	✗ AVOID COMPLETELY
✓ Mango (no skin/pit) — rich in Vit A	✗ Avocado — TOXIC, can be fatal
✓ Papaya — digestive support	✗ Rhubarb — toxic to birds
✓ Pomegranate seeds — antioxidant-rich	✗ Apple/cherry/peach seeds — cyanogenic
✓ Blueberries & raspberries	✗ Dried fruit with added sugar
✓ Strawberries (in moderation)	✗ Fruit juice (too high in sugar)
✓ Kiwi — Vit C & fibre	✗ Citrus in large amounts (acidic)
✓ Apple (flesh only — NO seeds!)	
✓ Banana (small amounts — high sugar)	
✓ Watermelon (seedless, no rind)	
✓ Pear (no seeds or core)	

■ VEGETABLES — Safe & Unsafe

✓ SAFE TO FEED	✗ AVOID COMPLETELY
✓ Bell peppers (all colours, no seeds)	✗ Onion & garlic — toxic
✓ Dark leafy greens — kale, Swiss chard	✗ Mushrooms — potentially toxic
✓ Broccoli & cauliflower (small amounts)	✗ Avocado — toxic
✓ Sweet potato (cooked)	✗ Iceberg lettuce — no nutritional value
✓ Carrot (raw, grated)	✗ Raw potato — contains solanine
✓ Cucumber (hydrating)	
✓ Rocket / arugula	
✓ Courgette / zucchini	
✓ Corn (fresh, occasional treat)	

■ Species-Specific Notes

- African Greys need extra calcium — offer dark leafy greens, cooked sweet potato and egg daily.
- Eclectus parrots are sensitive to artificial additives — feed as fresh and natural as possible.
- Hyacinth Macaws need a fat-rich diet — palm nuts are a critical component.
- Lories & Lorikeets require a liquid nectar-based diet — seeds and pellets are NOT suitable.
- Always wash all fresh produce thoroughly before feeding.

■ Tips for Introducing Fresh Foods

- 1 Offer new foods first thing in the morning when your bird is most hungry.
.
- 2 Eat the food yourself in front of your parrot — they mimic flock eating behaviour.
.
- 3 Be patient — it may take 10+ exposures before a parrot tries something new.
.
- 4 Rotate a variety of safe foods each day rather than the same thing daily.
.
- 5 Remove fresh food after 2–4 hours to prevent spoilage.
.

Want a Personalised Parrot Nutrition Plan?

Parrot NutriCraft is a species-specific nutrition planner built by a qualified Holistic Animal Practitioner. Get a plan tailored to YOUR bird's species, age and health — with a 2-day free trial.

theholistic-petnamibia.com/parrot-nutricraft

© 2026 The Holistic Pet — Safe Foods for Parrots Guide — All rights reserved.

This guide is for educational purposes only. It does not constitute veterinary advice. Always consult a qualified veterinarian for medical concerns.