

# Food and Nutrition

## Unsafe Foods

Alcohol  
Chocolate  
Avocado  
Apple seeds  
Are TOXIC to budgies and should NEVER be fed.  
Onion  
Asparagus  
Cabbage  
Aubergine (eggplant)  
Rhubarb (including leaves)  
Dairy products  
Raw potato  
Crisps (Chips) or other high salt human foods  
Human Breakfast cereals containing Zinc  
Strawberries (or any highly perishable fruit) unless 100% organic

**AVOID** - Dried fruit preserved with sulfites may not be the best choice for your bird. People sometimes have acute hypersensitivity reactions to sulfites, so an animal as small as a bird may have an even greater sensitivity to them. In many cases, we have to rely on guidelines we use for ourselves until someone discovers that the ingredient affects birds as well.

**Should also be avoided as they may cause harm to your budgie.** Some fruits and vegetables are sprayed and treated with high amounts of pesticides and should be avoided if possible. Organic produce is best to feed your budgies, and always remember to wash any fresh fruits or vegetables very thoroughly before feeding. check out our FAQ system for more information.

For more information join our discussion forum at [Unsafe Foods](#)

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Author: n/a

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