

# Household food suitable for birds



## Fruit



Fruits without seeds such as berries, raisins, grapes, mashed bananas and apples or pears without any seeds.



## Cooked Rice



Cooked rice (white or brown) and make sure there is no added salt.



## Cooked Potato



Cooked potato is a treat for birds such as cold and opened baked potatoes, roast potatoes, and mashed potatoes (no processed potato such as crisps or chips).



## Uncooked Oats



Uncooked oats are great, make sure to only put small amounts out at a time, with a water source nearby. Ensure they're never cooked as they can harden around a bird's beak.



## Grated Cheese



Mild grated cheese is a lovely treat.



## Pastry



Cooked or uncooked pastry is great – even more so when made with real fats.

## Foods to avoid



## Desiccated Coconut



Desiccated coconut can swell up in a bird's stomach and cause real problems.



## Avocado



Avocado contains toxins which is deadly to birds.



## Chocolate



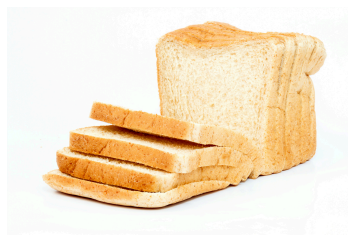
Chocolate is highly toxic to birds.



## Salt



Even a little bit of salt can be toxic to birds.



## Bread



We would advise you to avoid bread; bread is not harmful to birds but offers no nutritional value to their diet.