

## Top Toxic Foods for Birds

### First Aid Instructions

In a life-and-death situation when every minute counts for an animal, you can call the **ASPCA National Animal Poison Control Center** for 24-hour emergency information at 888-4ANI-HELP (888-426-4435). **Website:** [National Animal Poisoning Control Center](http://www.aspca.org/poison-control).

---

**Chocolate** - Chocolate is a wonderful treat for human family member, but it can be harmful or even fatal if given to the winged members of your family. Chocolate poisoning first affects the bird's digestive system, causing vomiting and diarrhea. As the condition progresses, the bird's central nervous system is affected, causing seizures and eventually death.

**Apple Seeds** - Apples, along with other members of the rose family (cherries, peaches, apricots and pears) contain trace amounts of Cyanide within their seeds. While the fruit of the apple is fine for your bird, be aware that in addition to poisonous seeds, there may be pesticides present on the skin. Be sure to thoroughly clean and core any apple pieces you share with your bird.

**Avocado** - The skin and pit of this fruit have been known to cause cardiac distress and eventual heart failure in pet birds. It is generally advised to keep guacamole and other avocado products as far away from pet birds as possible.

**Onions** - Excessive consumption of onions causes vomiting, diarrhea, and a host of other digestive problems. It has been found that prolonged exposure can lead to a blood condition called hemolytic anemia, which is followed by respiratory distress and eventual death.

**Alcohol** - Alcohol depresses the organ systems of birds and can be fatal. Make sure that your bird stays safe by securing him in his cage whenever alcohol is served in your home.

**Caffeine** - Caffeinated drinks, such as sodas, coffee and tea, can be extremely hazardous to your bird. Caffeine causes cardiac malfunction in birds, and is associated with increased heartbeat, arrhythmia, hyperactivity, and cardiac arrest. Instead, share a nice fruit drink with your bird. It is better for you and him.

**Mushrooms** - Mushrooms are a type of fungus, and have been known to cause digestive upset in companion birds. Caps and stems of some varieties can cause liver failure. All sources say to stay away from mushrooms.

**Tomato Leaves & Stems** - Tomatoes, like potatoes and other nightshades, have a tasty fruit that is fine when used as a treat for your bird. The stems, vines and leaves, however, are highly toxic to your pet. Make sure that any time you offer your bird a tomato treat it has been properly cleaned and sliced, with the green parts removed, so that your bird will avoid exposure to any toxins.

**Salt** - Too much salt can lead to a wide variety of health problems in birds. Including excessive thirst, dehydration, kidney disfunction and death. Be sure to limit the amount of salty food that you give your bird. **(Example – Junk Food)**

**Beans** - Beans: Broad, Castor, Glory, Fava, Horse, Mescal, Navy, Pregator, Scarlet Runner) - Large Beans: such as Anasazi, Black, Fava, Kidney, Lima, Navy, Pinto, and Soy - should never be fed raw. Raw dried beans contain a poison called hemagglutin which is very toxic to birds. However, thoroughly cooked are safe and healthy.

**Eggplant** - The leaves of the plant on which the eggplant fruit grows are poisonous, but the fruit itself is said to be safe. Some sources caution of overly ripe or under-ripe eggplant fruit.

**Rhubarb** - Rhubarb leaves are poisonous but the edible rhubarb stalks are safe.

**Milk Products** - Milk products are not digested in birds. Birds do not have the digestive enzymes necessary to process milk. There are some products that are available on the market as an alternative to dairy products. Soy Milk, Tofu Cheese, etc. Which can be given to your birds as an alternative to dairy items.

This is by no means a complete list. If you are unsure, read the label, seek more information from the maker, or consult your Avian Vet. When in doubt, do not use!