

## High and Low Energy Foods

### High Energy

- Corn
- Peas
- Beans (seed pod/pea part)
- Legumes/Mungbeans/Crunchy Combo
- Pumpkin Seeds
- All Fruits
- Potato\*
- Bread\*
- Rice\*
- Pasta\*

### Medium Energy

- Sweet Potato
- Pumpkin (flesh, not seeds)
- Carrot
- Beetroot
- Tomato
- Squash

\* Don't feed at all.

### Low Energy

- Spinach
- Celery
- Silver beat
- Broccoli
- Brocolini
- Rocket
- Pak Choy
- Buk Choy
- Capsicum
- Chilli (not too many seeds)
- Alfalfa
- Cucumber
- Snow Pea Sprouts
- Snow Peas (except pea/seed pod part)
- Brussels Sprouts
- Beetroot Leaves
- Cabbage
- Wheatgrass
- Cauliflower

**Steer clear of lettuce** – due to its high water content; it does not have much nutritional value. Dark green, leafy salads/vegetables are better. **Avocado, Onion and Garlic** are toxic for birds. **Dairy products, alcohol, soft drink, salt and chocolate** are all very bad for birds and can cause health problems, even in small or infrequent amounts.

**Apple seeds (in normal amounts) and cabbage** are not toxic, despite what some websites state.