

## 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\*

\* Don't feed at all.

### Medium Energy

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

### Low Energy

- Spinach

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- Celery
- Silver beat
- Broccoli
- Broccolini
- Rocket
- Pak Choy
- Buk Choy
- Capsicum
- Chilli (not too many seeds)
- Alfalfa
- Cucumber
- Snow Pea Sprouts
- Snow Peas (except pea/seed pod part)
- Brussel 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.