

LC BIRDS & PETS

Safe & Toxic Produce List for Parrots (Namibia)



🦜 Fresh food is essential for a healthy, happy parrot — but not everything is safe! This list includes only items commonly available in Namibia.

✓ SAFE FRUIT (WASH, CUT, REMOVE SEEDS/PITS)

- ✓ Apple (no seeds)
- ✓ Banana
- ✓ Blueberries
- ✓ Grapes (small portions only)
- ✓ Mango (no pit/skin)
- ✓ Pawpaw / Papaya
- ✓ Pomegranate (in moderation)
- ✓ Watermelon

💡 TIPS:

- Offer a mix of fruit & veg once a day alongside your bird's regular cooked or sprouted food.
- Remove uneaten fresh food after a few hours to avoid spoilage.
- When in doubt — leave it out or ask!

✓ SAFE VEGETABLES (WASH AND CHOP FINELY)

- ✓ Carrot
- ✓ Sweet Potato (raw or cooked)
- ✓ Pumpkin / Butternut
- ✓ Baby Marrow (Zucchini)
- ✓ Broccoli (in moderation)
- ✓ Bell Pepper (Red/Green)
- ✓ Beetroot (raw or cooked)

✗ NEVER FEED – TOXIC TO PARROTS

- ✗ Avocado
- ✗ Onion & Garlic
- ✗ Chocolate or Caffeine
- ✗ Alcohol
- ✗ Tomato Leaves/Stems (and raw tomato in large amounts)
- ✗ Apple, Pear, or Cherry Seeds
- ✗ Rhubarb



PETS@LCBIRDS.COM

+264 81 484 1061