Non-toxic for birds list and things that are toxic for birds.

Non-toxic for birds list of safe wood for birds, trees, household items and plants not safe for birds. Safe and Toxic fruits and veggies for parrots.

These lists are from www.mdvaden.com and other sources. Please check with your avian vet if in doubt. Please visit Dr. Vaden's website and contact him if you have a question about any woods on this list.

Remember that any chemicals that are sprayed on trees are toxic and may kill your bird.

Non-Toxic Wood for Birds

The following materials are not safe if toxic chemicals or insecticides have been sprayed on them. Before installing them in any cage, scrub all branches with a non-toxic disinfectant, then rinse and dry well (preferably in the sun.)

The Non-Toxic and Toxic wood list is thanks to Mario D. Vaden: M. D. Vaden - Trees & Landscapes. His main site address for his landscape company is www.mdvaden.com

Tree Limbs non-toxic for birds:

ACACIA
APPLE - (Pesticide residue likely reason for periodic issues)
AILANTHUS - Tree of Heaven
ALDER - white alder -(See Dr. Vaden's site)
Alder / Buckthorn)
ALMOND
ARALIA - Fatsia japonica
ASH - Fraxinus
ASPEN - Populus
BAMBOO
BARBERRY - Berberis
BIRCH - see paragraph
BEECH - Fagus
BOIS D'ARC - horse apple tree
BOTTLE BRUSH
BUTTERFLY BUSH
CAMELLIA
CITRUS -(lime, kumquat, grapefruit, orange, lemon)
CORK - (not wood from cork oak, but cork)
CORN PLANTS
COTTONWOOD - Populus
CRABAPPLE - Malus
CRAPE MYRTLE - (not the same as myrtle)
DATE
DOGWOOD - Cornus
DOUGLAS FIR - Pseudotsuga
DRACAENA
ELM - Ulmus
ESCALLONIA
EUCALYPTUS
FIG
FIR - genus Abies
GINKGO
GRAPE VINES
GRAPE PALM
GUAVA
HACKBERRY
HAWTHORN - Crataegus
HIBISCUS
HICKORY
IRONWOOD - apparently toxic leaves
JADE PLANT
KALANCHOE
KUMQUAT
LARCH - Larix
LILAC - Syringa
MADRONA / MADRONE - Arbutus
MAGNOLIA
MAPLE - Acer - see Dr. Vaden's site
MANZANITA - Arctostaphylos
MESQUITE - remove sharp parts
MIMOSA
MOCK ORANGE - Phladelphus
MOUNTAIN ASH - Sorbus
MULBERRY - Morus
NANDINA - common name is heavenly bamboo
NECTARINE
NORFOLK ISLAND PINE - Araucaria
NUT TREES - exclude chestnut and oak
ORANGE - several sources lean toward safe
OREGON GRAPE - Mahonia
Palm
PAPAYA
PEACH
PEAR
PECAN
PINE - Pinus: see Dr. Vaden's site
PHOTINIA
PLUM
POPLAR - Populus
PUSSY WILLOW - Salix
RAPHIOLEPSIS - Indian Hawthorn
RIBBONWOOD
ROSE - Rosa
RUBBER PLANT - - Ficus elastica - see Dr. Vaden's site
RUSSIAN OLIVE
SASSAFRAS
SILK TREE
SPIRAEA
SPRUCE - Picea
STAGHORN SUMAC -(Rhus - not Toxicodendron - (see Dr. Vaden's site)
STRAWBERRY TREE -(Arbutus like Madrone)
SWEET GUM - Liquidambar
SYCAMORE
THURLOW
TREE FERN
VIBURNUM
VINE MAPLE - Acer
WEEPING WILLOW - Salix (GOAT, PUSSY & WEEPING)
WIEGELA
YUCCA

Toxic Wood for Birds

ALDER - red alder -see Alder / Alder Buckthorn paragraph at Dr. Vaden's site
ANDROMEDA - (Pieris / Lily of the Valley shrub)
APRICOT
ARROWHEAD VINE
AUSTRALIAN FLAME TREE
AUSTRALIAN UMBRELLA TREE
AVACADO
AZALEA - Related to Rhododendron
BANEBERRY - Actaea
BEANS - (castor, horse, fava, broad, glory, scarlet runner)
BLACK LOCUST - Robinia
BOX ELDER
BOXWOOD - Buxus
BUCKTHORN - (Cascara / Alder Buckthorn - see chapter at Dr. Vaden's site)
BRACKEN FERN
BURDOCK
CACAO
CAMEL BUSH - Trichodesma
CANARY BIRD BUSH - Crotalaria
CANNABIS
CASTOR BEAN
CEDAR - Thuja, Chamaecyparis, Cupressus
CHALICE - trumpet vine
CHERRY (see Dr. Vaden's site)
CHINA BERRY TREE - Melia / Texas umbrella tree
CHINESE MAGNOLIA - uncertain for safety
CHINESE POPCORN (TALLOW)
CHINESE SNAKE TREE - Laquer plant: -- sap contact is bad too
COMMON SAGE
CORIANDER - Cilantro
DATURA
DAPHNE - it's the berries
DATURA STRAMONIUM - Brugmansia: - - angel's trumpet
DIEFFENBACHIA
ELDERBERRY
EUONYMUS - Includes burning bush and more
EUPHORBIA
FELT PLANT - Kalancho baharensis
FLAME TREE
FIRETHORN - Pyracantha
FLAME TREE - Brachychiton / Sterculia
FOXGLOVE
GOLDEN CHAIN TREE - Laburnum
GROUND CHERRY
CROWN OF THORNS
HEATHS
HEMLOCK - Tsuga
HOLLY - Ilex
HONEY LOCUST - Gleditsia
HORSE CHESTNUT - Aesculus
HUCKLEBERRY - leaves bad: - - both evergreen or deciduous
HYDRANGEA
JASMINE
JUNIPER - Juniperus
KALMIA: also called Mountain Laurel
KENTUCKY COFFEE TREE
LANTANA - red sage
LAUREL - Prunus
LEUCOTHOE
LUPINE
MANGO - (fruit okay: not wood or leaves)
MEXICAN BREADFRUIT
MOCK ORANGE - (fruit, see note in safe list)
MONTERA
MOUNTAIN LAUREL
MYRTLE - is a broadleaf evergreen: Is not the same as crape myrtle
NUTMEG
OAK - Quercus - all parts / tannins
MISTLETOE
OLEANDER
ORANGE - several sources lean toward safe
PEAR - some sources lean toward safe
PENCILTREE
PITCH PINE
PRARIE OAK - safety uncertain
PRIVET
RAIN TREE
RED MAPLE - see Maple paragraph at Dr. Vaden's site
RED SAGE - Lantana
REDWOOD - - - Sequiadendron, Metasequoia, Sequoia
RHODODENDRON
RHUBARB
SAND BOX TREE - - - sap has been used to poison fish
SOLANUM - Jerusalem cherry or pepino
SOPHORA - - - includes Japanese pagoda tree & Mescal
SUMAC - - - not all sumacs are toxic: (see Dr. Vaden's site)
TOBACCO
TANSY
TOMATO - stems, vines, and leaves
UMBRELLA TREE
WEEEPING FIG -(Benjamin Fig or Ficus benjamina - see Dr. Vaden's site)
WHITE CEDAR - China
WITCH HAZEL - Hamamelis
WISTERIA
YEW - Taxus

Non-Toxic Foliage
Foliage non-toxic for birds:

ACACIA
ALOE
AFRICAN VIOLET
BABY’S TEARS
BAMBOO
BEGONIA
BOSTON FERN
BOUGAINVILLEA
CHICKWEED
CHRISTMAS CACTUS
CISSUS (KANGAROO VINE)
COLEUS
CORN PLANT
CRABAPPLE
DANDELION
DOGWOOD
DONKEY TAIL
DRACAENA VARIETIES
FERNs: (BIRD'S NEST, BOSTON, MAIDENHAIR)
FIGS: (CREEPING, RUBBER, FIDDLE LEAF, LAUREL LEAF)
GARDENIA
GRAPE IVY
HEN AND CHICKENS
IMPATIENS
JADE PLANT
KALANCHOE
MAGNOLIA
MARIGOLDS
MONKEY PLANT
MOTHER-IN-LAW (Are we sure?)
NASTURTIUM
NATAL PLUM
NORFOLK ISLAND PINE
ORCHIDS
PALMS: (ARECA, DATE, FAN, LADY, PARLOUR, HOWEIA, KENTIA, PHOWNIX, SAGO)
PEPPEROMIA
PETUNIA
PITTOSPORUM
PRAYER PLANT
PURPLE PASSION
ROSE
RUBBER PLANT
SCHEFFLERA
SENSITIVE PLANT
SNAKE PLANT
SPIDER PLANT
SWEDISH IVY
THISTLE
VELVET NETTLE
WANDERING JEW
WAX PLANT
WHITE CLOVER
YUCCA
ZEBRA PLANT
ZINNIA

**Toxic Plants**

Plants toxic for birds:

ARUM LILY
AMARYLLIS
ARALIA
ARROWHEAD VINE
AUTUMN CROCUS
AUSTRALIAN FLAMETREE
AUSTRALIAN UMBRELLA TREE
AVOCADO
AZALEA
BANEberry
BEANS: (CASTOR, HORSE, FAVA, BROAD, GLORY, SCARLET RUNNER, MESCAl, NAVY, PREGATORY
BABY’S BREATH
BIRD OF PARADISE
BISHOP’S WEED
BLACK LAUREL
BLACK LOCUST
BLEEDING HEART OR DUTCHMAN’S BREECHES
BLOODROOT
BLUEBONNET
BLUEGREEN ALGAE
BOXWOOD
BRACKEN FERN
BUCKTHORN
BULB FLOWERS:(AMARYLLIS, DAFFODIL, NARCISSUS, HYACINTH & IRIS)
BURDOCK
BUTTERCUP
CACAO
CAMEL BUSH
CASTOR BEAN
CALADIUM
CANA LILy
CARDINAL FLOWER
CHALICE (TRUMPET VINE)
CHERRY TREE
CHINA BERRY TREE
CHRISTMAS CANDLE
CLEMATIS (VIRGINIA BOWER)
CLIVIA
COCKLEBUR
COFFEE (SENNa)
COFFEE BEAN (RATTLEBUSH, RATTLE BOX & COFFEEWEED)
CORAL PLANT
CORIANDER
CORNCOCKLE
COYOTILLO
COWSLIP
CUTLEAF PHILODENDRON
DAFFODIL
DAPHNE
LANTANA (RED SAGE)
LARKSPUR
LILY OF THE VALLEY
LILY, ARUM
LOBELIA
LOCOWEED (MILK VETCH)
LOCUSTS, BLACK/HONEY
LORDS & LADIES (CUCKOOPINT)
LUPINE
MALANGA
MARIJUANA (HEMP)
MAYAPPLE (MANDRAKE)
MEXICAN BREADFRUIT
MEXICAN POPPY
MILKWEED, COTTON BUSH
MISTLETOE
MOCK ORANGE
MONKSHOOD
MOONSEED
MORNING GLORY
MTN. LAUREL
MUSHROOMS, AMANITA
MYRTLE
NARCISSUS
NETTLES
NIGHTSHADES: (DEADLY, BLACK, GARDEN, WOODY, BITTERSWEET,
EGGPLANT leaves, TOMATO-stems, vines, and leaves,
JERUSALEM CHERRY)
OAK
OLEANDER
OXALIS
PARSLEY
PEACE LILY
PERIWINKLE
PHILODENDRONS: (SPLIT LEAF, SWISS CHEESE, HEART-LEAF)
PINE
POINCIANA
POINSETTIA
POISON IVY
POISON HEMLOCK
POISON OAK: (WESTERN & EASTERN)
POKEWEED
POTATO SHOOTS
POTHOS
PRIVET
PYRACANTHA
RAIN TREE
RANUNCULUS, BUTTERCUP
RAPE
RATTLEBOX, CROTALARIA
RED MAPLE
RED SAGE (LANTANA)
RHUBARB LEAVES
RHODODENDRONS
ROSARY PEA SEEDS
SAND BOX TREE
SKUNK CABBAGE
SORREL (DOCK)
SNOW DROP
SPURGES: (PENCIL TREE, SNOW-ON-MTN, CANDELABRA, CROWN OF THORNS)
STAR OF BETHLEHEM
SWEET PEA
SWISS CHEESE PLANT (MONTERA)
TANSY RAGWORT
TOBACCO
UMBRELLA PLANT
VETCH: HAIRY/COMMON
VIRGINIA CREEPER
WATTLE
WEEPING FIG
WHITE CEDAR, CHINA BERRY
WISTERIA
YEWS
YELLOW JASMINE

Safe Fruits and Vegetables for Birds

Safe Fruits:

Apple
Apricot
Banana
Blackberry
Blackcurrant
Blood orange
Blueberry
Cantaloupe melon
Cherry
Cranberry
Dried dates
Figs (fresh)
Gooseberries
Grape
Guava
Honeydew melon
Kiwifruit
Lychee (Litchi)
Mandarin
Mango
Melon
Nectarine
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Quince
Raspberry
Red Currants
Strawberry
Tangerine
Yellow Plum

Make sure that all apple, orange and other seeds are removed before letting your birds eat the fresh foods. And make sure you wash all fruits and vegetables thoroughly. It's always best to go organic for your parrots to stay away from pesticides.

**Healthy and Safe Vegetables for Birds**

Artichoke
Beans, cooked only
Bell Peppers
Broccoli
Brussels sprouts
Carrot
Cauliflower
Celery stalks
Chinese Cabbage
Corn (milky & soft)
Cucumber
Eggplant (fruit only)
Endive
Fennel
Green Beans
Hot Peppers
Kale
Lettuce
Peas
Potato (cooked)
Pumpkin (and seeds)
Radish Red Beet (fresh)
Radicchio
Romain Lettuce
Spinach
Sprouts
Squash
Sweet Potato
Turnips
Watercress
Yams
Zucchini

Again, make sure vegetables are washed and preferably organic. The chemicals they feed the plants will harm you and your birds.

**TOXIC OR UNHEALTHY BIRD FOODS**

Avoid anything high in salt, sugar, and fat content.
Alcohol
Apple seeds
Apricot pits
Asparagus
Avocado (entire plant and fruit)
Beans - Kidney, Lima
Beans, any dried
Butter
Caffeine
Carbonated beverages
Cherry pits
Chocolate
Cigarette tobacco
Dried fruits (containing sulfides or sulphates)
Egg Plant
Gatorade
Milk/cream in large quantities
Nectarine pits
Olives
Onions (raw or cooked)
Parsley
Peach pits
Pear pips
Plum pits
Raw Peanuts
Rhubarb
Tobacco
Tomato (entire plant, a little fruit okay)
Houseplants (most are toxic, not all)

**Toxic Household Items**

Household items toxic to birds:
ALCOHOLIC DRINKS
AMMONIA
ANTIFREEZE
ANT SYRUP or PASTE
ARSENIC
ASBESTOS
AUTO PRODUCTS
BATHROOM CLEANERS
BLEACH
BORIC ACID
CAMPHOPHENIQUE
CARBON MONOXIDE
CARPET DYE
CARPET CLEANERS
CARPET FRESHENERS
CHARCOAL FLUIDS
CHLORDANE
CHLORINE
CIGARETTE SMOKE
CLINITEST TABLETS
COPPER/BRASS CLEANER
CORN & WART REMOVER
DEODORANTS
DETERGENTS
DIAZINON
DISINFECTANTS
DRAIN CLEANERS
EPOXY GLUE
FELT TIP MARKERS
FLEA PRODUCTS
FLOOR POLISH
FORMALDEHYDE
FURNITURE POLISH
GARDEN SPRAYS
GASOLINE
GUN CLEANERS
HAIR DYES & SPRAYS
HERBICIDES
INSECTICIDES
IODINE
KEROSENE
LIGHTER FLUID
LYE
MATCHES
MELALEUCA OIL
METALS (Many metals including ceiling fans are toxic)
MODEL CEMENT
MOTHBALLS
MURIATIC ACID
MUSHROOMS
NAILPOLISH/REMOVER
NITROGEN DIOXIDE
OVEN CLEANER
TOXIC FOODS

Foods toxic for birds:

1) Chocolate

Chocolate poisoning first affects a bird's digestive system, causing vomiting and diarrhea. As the condition progresses, the bird's central nervous system is affected, first causing seizures and eventually death.

2) Apple Seeds

Believe it or not, apples - along with other members of the rose family including 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 the poisonous seeds, there may be pesticides present on the fruit's skin. Be sure to thoroughly cleanse and core any apple pieces that you share with your bird to avoid exposure to these toxins.
3) **Avocado**

The skin and pit of this popular fruit had been known to cause cardiac distress and eventual heart failure in pet bird species. Although there is some debate to the degree of toxicity of avocados, it is generally advised to adopt a "better safe than sorry" attitude toward them and keep guacamole and other avocado products as far away from pet birds as possible.

4) **Onions**

While the use of limited amounts of onion or garlic powders as flavorings is generally regarded as acceptable, 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.

Hemolytic anemia (HEE-moh-lit-ick uh-NEE-me-uh) is a condition in which red blood cells are destroyed and removed from the bloodstream before their normal lifespan is up.

5) **Alcohol**

Although responsible bird owners would never dream of offering their pet an alcoholic drink, there have been instances in which free roaming birds have attained alcohol poisoning through helping themselves to unattended cocktails. 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.

6) **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 induce liver failure.

7) **Tomato Leaves**

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.

8) **Salt**

While all living beings need regulated amounts of sodium in their systems, too much salt can lead to a host of health problems in birds, including excessive thirst, dehydration, kidney dysfunction, and death. Be sure to keep watch over the amount of salty foods your bird consumes.

9) **Caffeine**

Caffeinated beverages such as soda, coffee, and tea are popular among people - but allowing your bird to indulge in these drinks can be extremely hazardous. Caffeine causes cardiac malfunction in birds, and is associated with increased heartbeat,
arrhythmia, hyper activity, and cardiac arrest. Share a healthy drink of pure fruit or vegetable juice with your bird instead - this will satisfy both your bird's taste buds and nutritional requirements.

10) Dried Beans

Cooked beans are a favorite treat of many birds, but raw, dry bean mixes can be extremely harmful to your pet. Uncooked beans contain a poison called hemaglutin which is very toxic to birds. To avoid exposure, make sure to thoroughly cook any beans that you choose to share with your bird.

11) Parsley

(Sent by a reader) After loosing several birds (hook bills) and couldn't figure out why, I was told by several budgie breeders, after I told them I gave those birds parsley, that parsley is actually poisonous to hook bills. I just thought I'd share this with you about what I have experienced and learned from professional budgie breeders.

Other Foods To Avoid

**Fatty foods** High fat in the diet leads to obesity and may result in lipomas (fatty tumors), lipemia (fat in the blood), and hepatic lipidosis (fatty liver disease). Any greasy, oily or otherwise fatty food should be avoided. Commonly overfed fatty foods include nuts, French fries, crackers, marbled meat, peanut butter, butter, fried chicken, fried anything etc.

**Sugar foods** Obviously, frosting is high in sugar and an undesirable foodstuff. Similarly, soda pop, candy and these types of foods are not recommended.

**Dairy** Birds lack the digestive enzymes needed to break down milk sugar and milk proteins. Uncultured milk products such as milk, cream and butter should not be fed but yogurt, cheeses and dried milk can be supplemented in the diet in moderation (they are also high in fat).

**Lettuce** A typical filler food, lettuce is low in everything except water. It is not recommended as a food supplement since it offers little, if anything, for the bird. If leafy foods are desired by your bird, try feeding spinach, collard greens, tops of bok choy, carrot tops or kale.

**Avocado** Although higher in fat than other veggies and used in other countries to condition birds for breeding, avocado has been shown to be toxic in some birds and its feeding is no longer recommended, as mentioned above in the Toxic Foods list.