

# Safe Fruits

<b>Apple</b>	Seeds contain cyanide compounds which are toxic to parrots – Remove before feeding to parrots.
<b>Apricot</b>	Do not feed pits as they contain cyanide compounds which are toxic to parrots.
<b>Blackberry</b>	Source of anthocyanins – they have anti-inflammatory properties that protect parrots from infections.
<b>Blackcurrant</b>	Source of vitamin C.
<b>Blueberry</b>	High in nutrients.
<b>Cantaloupe</b>	Source of vitamin A, vitamin C, and potassium.
<b>Cherry</b>	Do not feed pits as they contain cyanide compounds which are toxic to parrots.
<b>Coconut</b>	Unique blend of minerals and vitamins. Avoid desiccated coconut because it can be fatal to parrots unless properly soaked before feeding. Aids in healthy feather growth.
<b>Cranberry</b>	Source of vitamin C, antioxidants, fibre, and other minerals.
<b>Custard apple (Cherimoya)</b>	Avoid seeds and pits because they are toxic. Flesh is a good source of antioxidants.
<b>Dates</b>	Promotes healthy blood flow in parrots.
<b>Dragon fruit (pitaya)</b>	Very high in fibre that enhances digestion in parrots. Feed in moderation .
<b>Durian</b>	Rich in vitamin C, folic acid. Husks are inedible.
<b>Elderberry</b>	Only ripe elderberries. Source of vitamin C.
<b>Fig</b>	Source of vitamins, minerals, and fibre.
<b>Gooseberry</b>	Source of vitamin A and vitamin C.
<b>Grape</b>	High in sugar, should be fed as a treat – approximately 2 per day.
<b>Grapefruit</b>	Highly acidic, may cause stomach upset if too given too much/too often.
<b>Guava</b>	Source of vitamins.
<b>Honeydew</b>	Source of fibre.
<b>Jackfruit</b>	Only feed ripe jackfruit. Source of vitamins and minerals like vitamin C, potassium, and magnesium.
<b>Kiwi</b>	Source of dietary fibre, antioxidants, and vitamin C that supports digestive health and immunity of your parrot.
<b>Kumquat</b>	Source of vitamin C and contains anti-inflammatory properties.
<b>Lemon</b>	Highly acidic, may cause stomach upset if too given too much/too often.
<b>Lime</b>	Highly acidic, may cause stomach upset if too given too much/too often.
<b>Lychee (litchi)</b>	Do not feed seeds or peels. Flesh is a source of vitamin C.
<b>Mango</b>	One mango has 25% of the recommended daily value of vitamin A, and 50% of the recommended daily requirement of vitamin C. Vitamin C. Also contains B vitamins, including thiamin (B1), riboflavin (B2), niacin, and pyridoxine.
<b>Mangosteen</b>	Flesh is a source of vitamin C, B1, B2, B9, carbohydrates, manganese, and magnesium.
<b>Mulberry</b>	Should be offered as a treat. Source of fibre, minerals, and vitamins.

