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

Nectarine	Avoid seeds and pits because they contain cyanide, a very toxic
	compound. Feed fresh nectarines since dry ones contain sulphates, which can be fatal to your bird.
Orange	Highly acidic. Feed in moderation.
Рарауа	Source of fibre, fat, and protein. Also a source of vitamins A, C, and E and antioxidants like beta-carotene. Parrots are able to produce vitamin C from glucose in the liver, this vitamin is essential for stimulating the production of antibodies and fighting the damaging effects of free radicals.
Passion Fruit	Abundant in heart-healthy potassium, which keeps the parrot's cardiac system healthy.
Peach	Do not feed pits as they contain cyanide compounds which are toxic to parrots.
Pear	Source of vitamin A and calcium.
Persimmon	Only feed ripe. Unripe persimmon contains a toxic compound called tannins.
Pineapple	Source of vitamins, minerals, antioxidants, and enzymes.
Plum	Do not feed pits as they contain cyanide compounds which are toxic to parrots.
Pomegranate	They are full of antioxidants and health benefits for your bird. the pit is not so edible but both seeds and pits are safe for your parrot.
Prickly Pear	Remove the skin.
Prune	Do not feed pits as they contain cyanide compounds which are toxic to parrots.
Raisin	Source of vitamins and nutrients.
Raspberry	Source of vitamins and antioxidants.
Rose apple (jambu)	Source of vitamin C, vitamin A, iron, calcium, and fibre.
Soursop	Seeds are toxic and should not be consumed.
Strawberry	Source of vitamin C and antioxidants.
Tangerine	The fruit, flesh, peels and seeds are all safe.
Watermelon	Seeds, flesh, and rinds are all safe.
Wolfberry (goji berry)	Source of vitamin A and antioxidants.