

Parrots

Safe Vegetables

Amaranth leaf	Source of lysine and methionine. Rich in antioxidants which restricts possible damage caused by free radicals in the parrot's body.
Arrowroot	Low in fat.
Artichoke	Source of vitamin C, potassium and fibre.
Arugula	Source of vitamin A and C. Both vitamins aid in boosting the immune system.
Bean, black	Only safe when COOKED. Uncooked black beans contain hemagglutinin, a very toxic compound that can cause harm to parrots.
Bean, cannellini	Only safe when COOKED.
Bean, garbanzo (chickpeas)	High in zinc, manganese, iron, folate, carbohydrates and proteins. Only feed Cooked or Sprouted.
Bean, green	Source of fibre and essential vitamins/ minerals.
Bean, kidney	Only feed COOKED. Source of added protein and fibre.
Bean, lima	Only feed COOKED.
Bean, mung	Only feed Cooked or Sprouted.
Bean, pinto	Only feed Cooked or Sprouted.
Bean, red (adzuki)	Only feed COOKED.
Bean, soy (edamame)	Good source of proteins and amino acids. Feed Cooked.
Beet (beetroot)	Source of vitamins and minerals. Great for regulating blood pressure and preventing inflammation.
Bell peppers (capsicum)	Source of vitamin C.
Bitter melon (bittergourd)	Source of vitamin C.
Bok Choy (pak choi)	Source of calcium which aids in maintenance of muscle health and bone density in parrots.
Broccoli	Source of calcium which aids in maintenance of muscle health and bone density in parrots.
Brussel sprout	Rich in antioxidants and Omega-3 fatty acids.
Burdock root	Source of inulin and fibre that aids digestion.
Cabbage, green	Contains oxalic acid which is not recommended for parrots that are deficient in calcium.
Cabbage, red	Source of vitamin K, calcium, zinc, and magnesium.
Carrot	Source of vitamin A.
Cauliflower	Source of vitamins, antioxidants, magnesium, phosphorous, and fibre.
Celery root	Source of B vitamins, vitamin K, vitamin C, and antioxidants which combats inflammation in parrots.
Chicory (Curly Endive)	Parrots can eat all types of endives. Source of vitamin K.
Chilli peppers	Chillies are rich in Vitamin A, which aids in the growth and repair of tissues and is also great for eyesight and hearing. Helps in improving feather quality, colour and shine.

Collard	Source of vitamins, anti-inflammatory properties and antioxidant properties.
Corn	Rich in vitamin C and fibre. High in starch, can spike blood sugar and cause weight gain.
Daikon (Japanese radish)	Source of antioxidants, calcium, and potassium.
Dandelion greens	Wash well to remove dirt. Parrots love the bitter taste. Source of vitamin A, B1, and C. Supports Blood and Liver Function.
Eggplant (brinjal, aubergine)	Eggplant can be bitter due to containing solanine. It is high in folic acid - responsible for processing amino acids and proteins. Avoid eggplant leaves as they are very toxic.
Endives	Parrots can eat all types of endives. Contains more vitamin K than most vegetables.
Fennel	Cooked or raw. Source of vitamin C.
Kale	Good source of vitamins and minerals.
Lemongrass	Contains pain relieving properties and anti-inflammatory properties. Improves cholesterol levels in blood.
Mustard greens	Source of vitamins. Rejuvenates parrot skin and aids in relaxing nervous birds.
Okra (ladyfinger)	It's a good source of vitamin A, K1, C, and antioxidants. Helps regulate blood sugar and promotes a healthy heart.
Parsnip	Contains antioxidants and vitamin C that boost the immune system.
Pea, black-eyed	Contains proteins, vitamin A, and manganese. Only feed COOKED.
Pea, sweet	Contains intense flavour that most parrots adore.
Peas, green	Sprouted peas are far more nutritious than raw or cooked. Source of proteins, carbohydrates, minerals, vitamins, and antioxidants. Feed green peas in moderation.
Peas, snow	Source of vitamin K, vitamin C, and fibre. Can be cooked/boiled to soften texture, but parrots love them raw.
Peas, sugar snap	Similar nutrient profile as garden peas but contains more vitamins A and C.
Potato	Avoid uncooked potatoes, French fries (salted and oily), and potato peels.
Potato, sweet	Rich in vitamin A, vitamin C, fibre, manganese, and antioxidants. Can be offered raw or steamed.
Pumpkin	Rich in omega 3 and omega 6 fatty acids, should be fed in moderation.
Radish	Rich in calcium - promotes healthy and strong bones in parrots.
Spinach	Source of vitamins and antioxidants. Should be fed in moderation as the high iron content may prevent proper calcium absorption.

Squash, butternut	High content of Vitamin A supports vision, immune function, and feather health. Vitamin C acts as a powerful antioxidant, strengthening the immune system. It also provides Vitamin B2, which contributes to metabolism, digestive health, and protects cells from damage. Abundant potassium content aiding fluid balance and cardiovascular health in parrots.
Swiss chard	Source of calcium, magnesium, iron, and potassium.
Watercress	Source of calcium - essential for healthy feathers and strong bones in parrots.
Yam	Source of vitamin A.
Zucchini (courgette)	Feed Raw or Steamed for optimum nutrition.