



Unhealthy Food

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- Avocado
- Alcohol
- Bitter almonds
- Bamboo shoots
- Celery
- Chocolate
- Caffeine
- Coffee
- Chives
- Dried beans
- Dairy
- Eggplant
- Foods high in fat
- Fruit pits*
- Fruit rinds*
- Fruit seeds*
- Garlic
- Junk foods
- Lima bean sprouts
- Leeks
- Milk
- Mushrooms
- Navy bean sprouts
- Onion
- Peanuts
- Potatoes
- Rhubarb
- Red kidney beans
- Raw meats
- Sugar
- Salt
- Shallots
- Spoiled foods

Notes

*Apple seeds, Cherry pits, Plum pits, Peach pits, Pear pits, Apricot pits, Nectarine pits..
They contain varying levels of a cyanide compound that can cause death.

Do not use around your parrot

- Tea tree oil
- Teflon/ non stick cookware (PTFE)
- Lit candles
- Chemical cleaners
- Anything with harsh chemicals or strong smells