

BIRD SAFE FOODS & TOXIC FOODS

COOKED GRAINS- CAN ALSO BE SPROUTED

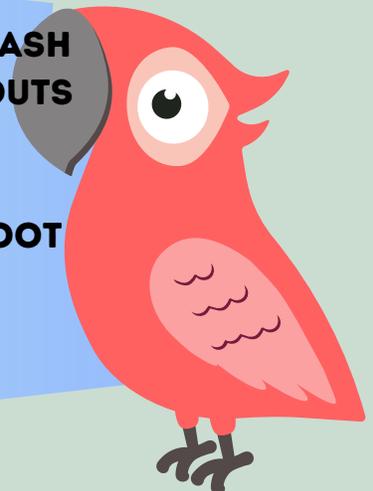
MILLET
QUINOA
AMARANTH
WHOLE OATS
HULLESS BARLEY
SPELT OR KAMUT
TEFF
BROWN RICE
WILD RICE
BUCKWHEAT

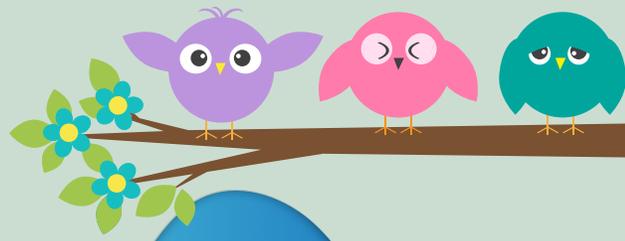
COOKED LEGUMES- OR SPROUTED WITH 1/4" TAILS

ADZUKI
MUNG
SPROUTING PEAS
LENTILS
GARBANZO/CHICKPEAS

VEGETABLES- FED FRESH, LIGHTLY STEAMED, OR EVEN FROZEN (THAWED) OUT OF THE FROZEN SECTION IN THE GROCERY STORE

- PUMPKIN
- CARROTS
- ACORN OR BUTTERNUT SQUASH
- RED OR GREEN PEPPER
- KALE
- DANDELION GREENS
- MUSTARD GREENS
- COLLARD GREENS
- TURNIP GREENS
- BROCCOLI
- CELERY
- CUCUMBER
- ROMAINE OR OTHER DARK LEAFY LETTUCE
- JICAMA
- PEAS
- ZUCCHINI
- GREEN BEANS
- TOMATOES
- CABBAGE
- CHINESE CABBAGE
- BOKCHOY
- CARROT TOPS CACTUS LEAF
- OKRA
- KOHLRADI
- SPAGHETTI SQUASH
- CAULIFLOWER
- RADISH
- CHAYOTE SQUASH
- BRUSSEL SPROUTS
- ESCAROLE
- ENDIVE
- CORN BEET ROOT



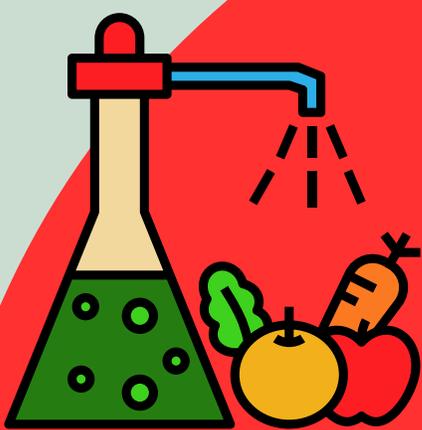


- **FRUITS-**
- **PAPAYA**
- **MANGO**
- **ANY TYPE OF BERRIES**
(STRAWBERRIES,
BLUEBERRIES,
RASPBERRIES, ETC)
- **POMEGRANATE**
- **KIWI**
- **ORANGES**
- **MELONS**
- **NECTARINES**
- **CHERRIES**
- **APRICOT**
- **GRAPEFRUIT**
- **BANANA**
- **PEAR**
- **APPLE**
- **FIGS**
- **PINEAPPLE**
- **LEMONS**
- **LIMES**

OTHER FOOD-
WHOLE WHEAT PASTA
WHOLE GRAIN
BREADS
CORN BREAD
COOKED EGGS
SPROUTED SEEDS

TOXIC FOODS TO AVOID

- AVOCADOS**
- DAIRY PRODUCTS (EXCEPT YOGURT)**
- FRUIT RINDS**
- RHUBARB**
- RAW MEATS**
- ONIONS**
- GARLIC**
- CHOCOLATE**
- FRUITS PITS**
- UNCOOKED RICE**
- SALTY/SUGARY FOODS**
- MAYONNAISE PRODUCTS**
- CAFFINE**
- PEANUTS (IN MODERATION)**



SEEDS OF: PEARS, ORANGE, PAPAYA, GRAPEFRUIT, GRAPES, APPLES & SOME MELONS