

## Don't Dish These Up

**Food that is good for you, but not your bird.**

*By Laura Doering*

I love avocado and usually pick up a couple whenever they go on sale. The funny thing about being a bird person, though, is that it's hard to even look at an avocado without the nagging thought in the back of my mind — "Of course, my bird can't have any." Most bird people know that avocado can be toxic to parrots. But what about other foods you would typically find in a healthy salad, casserole or a scrumptious bowl of guacamole? Here are some other fruit and vegetables you should also keep off of your bird's plate.

**\*\*For the full article, pick up the 2010 issue of Birds USA or click here to buy the issue.\*\***