

SAFE VEGETABLES

Make Sure to Always Wash Thoroughly - Organic is Preferable

ARTICHOKE

BELL PEPPERS

BOK CHOY

BROCCOLI

BRUSSELS SPROUTS

CABBAGE (*White & Red*)

CARROTS

CAULIFLOWER

CELERY STALKS (*Safe, but not recommended. The long & stringy fibers, if not chewed well, can clog a bird's digestive system. Celery leaves are preferred.*)

COLLARD GREENS

CORN (*Raw or Steamed*)

CUCUMBER

CHILI PEPPER

ENDIVE

FENNEL

GREEN BEANS

HOT PEPPERS

ICEBERG LETTUCE (*Safe, but not recommended. This is a filler food with no nutritional value. Offer romaine or butter lettuces instead.*)

KALE

MUSTARD GREENS

OKRA

PARSNIP

PEAS

PUMPKIN (*Including Seeds*)

RADISH

RADICCHIO

RED BEET (*Raw*)

RED LEAF LETTUCES

ROCKET (*Arugula*)

ROMAINE LETTUCE

RUTABAGAS

SPINACH

SPROUTS

SQUASH (*Raw or Steamed*)

SWEET POTATO (*Steamed. Cooking it makes the bio-accessibility of nutrients more useable.*)

SWISS CHARD

TURNIPS

WATERCRESS

YAMS

YELLOW BEETS

YELLOW SQUASH

YUCCA ROOT

ZUCCHINI

