

# HEALTHY vs. HARMFUL Dog Food

A Quick Guide on What to Give Them



## Healthy

- |                             |                                    |
|-----------------------------|------------------------------------|
| Acai berries                | Leafy greens                       |
| Alfalfa                     | Mango                              |
| Apples (no seeds)           | Nectarines                         |
| Asparagus                   | Oats                               |
| Bananas                     | Olive oil                          |
| Barley                      | Organ meat (liver, gizzard, heart) |
| Beans                       | Papaya                             |
| Beef                        | Parsley                            |
| Blackberries                | Peanut butter (salt/sugar-free)    |
| Blueberries                 | Pears                              |
| Bran (oats, wheat)          | Peas                               |
| Bread (whole grain)         | Pheasant                           |
| Broccoli                    | Pineapple                          |
| Broth (chicken, beef)       | Pork                               |
| Brussel sprouts             | Potato (not peelings)              |
| Buffalo                     | Pumpkin                            |
| Cabbage                     | Quinoa                             |
| Cantaloupe                  | Rabbit                             |
| Carrots                     | Raspberries                        |
| Celery                      | Rice                               |
| Cheese                      | Sardines                           |
| Chicken                     | Salmon                             |
| Cinnamon                    | Sprouts                            |
| Coconut (oil, meat & water) | Squash                             |
| Corn                        | Strawberries                       |
| Cranberries                 | Sweet potatoes                     |
| Cucumber                    | Turkey                             |
| Eggs                        | Venison                            |
| Flax oil                    | Watermelon (no seeds)              |
| Fish oil                    | Yams                               |
| Honeydew melon              | Yogurt (plain)                     |
| Kiwi                        | Zucchini                           |
| Lamb                        |                                    |

## Harmful

- |                                    |  |
|------------------------------------|--|
| Alcohol                            |  |
| Apple seeds                        |  |
| Baking powder & soda               |  |
| Beer                               |  |
| Caffeine                           |  |
| Candy                              |  |
| Chives                             |  |
| Chocolate (esp. dark)              |  |
| Coffee                             |  |
| Fat trimmings                      |  |
| Fruit Pits                         |  |
| Garlic                             |  |
| Grapes                             |  |
| Hops                               |  |
| Ice Cream                          |  |
| Leeks                              |  |
| Medicine for Humans                |  |
| Milk                               |  |
| Moldy Foods                        |  |
| Mushrooms                          |  |
| Mustard seeds                      |  |
| Nutmeg                             |  |
| Nuts (esp. Macadamia)              |  |
| Onions                             |  |
| Potato (leaves, peelings, & stems) |  |
| Raisins                            |  |
| Rhubarb                            |  |
| Salt                               |  |
| Sugar                              |  |
| Tea                                |  |
| Tomato (leaves & stems)            |  |
| Vitamins for Humans (esp. bread)   |  |
| Xylitol (in gum)                   |  |
| Yeast dough                        |  |

# HEALTHY vs. HARMFUL Cat Food

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What to Give Them



## HEALTHY

-  Asparagus
-  Banana
-  Beef
-  Blueberries
-  Broccoli
-  Broth (Low-sodium, Onion/Garlic-Free)
-  Cheese (Small Portions)
-  Chicken
-  Cucumber (No Seeds!)
-  Eggs
-  Fish (Cooked, Small Portions)
-  Honeydew Melon
-  Lamb
-  Liver
-  Oats
-  Peas
-  Polenta
-  Pumpkin
-  Sweet Potatoes (Skinless)
-  Turkey
-  Watermelon (No Seeds!)
-  Yogurt (Plain, Low-Fat)
-  Zucchini/Squash

## HARMFUL

-  Alcohol
-  Caffeine
-  Candy
-  Chives
-  Chocolate
-  Coconut Milk
-  Coffee
-  Cooked Bones
-  Fat Trimmings
-  Garlic
-  Grapes
-  Gum
-  Human Medications
-  Human Supplements
-  Milk
-  Nuts
-  Onions
-  Raisins
-  Raw Fish
-  Seeds
-  Xylitol
-  Yeast Dough



## Safe Fruit, Vegetables, Herbs and Plants List

Guinea Pigs need 1 cup of fresh food daily, in addition to unlimited hay and fresh water.

A good quality chaff and grain mix (no seeds) may also be fed.

Guinea pigs cannot store Vitamin C in their bodies and need this to come through feeding fresh foods daily.

Apple *	Asparagus	
Banana	Baby Spinach 🍷	
(including leaves)	Beetroot	
Blackberries	Bok Choy	
Blueberries	Broccoli ◊ 🍷	
Cherries	Brussel Sprouts 🍷	
Dried Apricot *	Cabbage ◊	
Figs *	Capsicum 🍷	
Gooseberries	Carrots 🍷	
Grapes	Cauliflower 🍷	
Grapefruit 🍷	Celery 🍷	
Honeydew Melon * 🍷	Choko 🍷	
Kiwi Fruit 🍷	Corn 🍷	
Mango *	(including husks)	
Orange * 🍷	Cucumber 🍷	
Pawpaw 🍷	Green Beans	
Pear *	Kale	
Pineapple *	Kolrabi	
Pumpkin	Cos Lettuce 🍷	
Rockmelon * 🍷 🍷	Pak Choy 🍷	
Squash	Parsnip	
Strawberries 🍷 🍷	Silverbeet	
Watermelon 🍷	Sweet Potato	
	Tomato 🍷	
	Turnip *	
	Wombok	
	Zucchini	
		Anise
		Basil 🍷
		Chamomile
		Chicory
		Chickweed
		Cleavers
		Clover 🍷
		Comfrey
		Coriander
		Dandelion 🍷 🍷
		Dill
		Dock
		Endive 🍷
		Fennel
		Lemon Balm
		Milk Thistle 🍷
		Mint
		Oat Grass 🍷
		Parsley 🍷
		Raspberry Leaves
		Rocket 🍷
		Rosehips 🍷
		Stinging Nettle
		Thyme
		Wandering Jew
		Watercress
		Yarrow

Note - Fruits should be fed sparingly due to their high sugar content.



\* = High in sugar    🍷 = Avoid Iceberg lettuce (low nutritional value, too high in water)    🍷 = High in Vitamin C    🍷 = Yum Factor  
◊ = Feed sparingly (can cause stomach upset/bloat)    Normal Washed Potato is toxic – DO NOT FEED



# Edible Flowers for Parrots

[eclectusparrots.net](http://eclectusparrots.net)

Acacia

Apple

Anise

African Tulip

Bald Cypress

Basil

Borage

Bee Balm

Bottlebrush

Calendula

Carnation

Chamomile

Chiles

Corriander

Crepe Myrtle

Daisies

Dandelion

Day Lillies

Dill

Elderberry

Eucalyptus

Fennel

Gardenia

Garlic

Gladiolus

Grapefruit

Grevillea

Hibiscus

Honeysuckle

Impatiens

Jonny Jump Up

Jacaranda

Kumquat

Lilac

Lime

Lemon

Melaleuca

Marygold

Milk Thistle

Nasturtium

Orchid Trees

Okra

Orange

Oregano

Pansies

Passionflower

Petunia

Plum

Pumpkin

Rosemary

Rose

Runner bean

Sage

Sunflower

Thyme

Tulip

Zucchini

Violets

