

***part of the Nightshade family**

Aubergine, raw/leaves/flowers/plant* - contains solanine, causes heart failure
Avocado, leaves/stone/skin - contains persin
Beans, uncooked/raw/dried - contains hemagglutinin, causes blood clots
Bell Pepper Leaves/Flowers* - contains solanine
Chicken, raw - risk of salmonella, encourages cannibalism
Chocolate - contains theobromine, deadly to birds and mammals
Fruit pips/stones/seeds - contains cyanide
Maggots - risk of botulism
Onion - causes anaemia
Raw Peanuts/Peanut Shells - toxic to some birds and mammals. Be cautious
Potato, raw/green peel/sprouted* - contains solanine
Rhubarb/Rhubarb Leaf - contains oxalic acid, causes liver damage, deadly
Unripe Tomato Plants, green/leaves - contains solanine
Wild Mushrooms - potentially deadly if unsure of the type. Don't risk it

Butter - too fatty
Cheese/Cottage Cheese - cannot digest large quantities of dairy
Citrus fruits - may cause soft eggshells, affects calcium absorption
Ham - high salt content
Processed/Fast/Fried Food (chips, burgers etc) - too much salt/fat
Uncooked Rice - could swell in the digestive system, causes blockages
Yogurt, processed/flavoured - high sugar content, hard to digest

Asparagus - may alter egg taste
Bread - high in carbohydrates and sugars, could cause weight gain
Cat/Dog food - restrict to when chickens are moulting
Cured Olives - higher salt content
Fruit, flesh only - full of vitamins, may cause diarrhoea
Grass cuttings - longer cuttings could lead to crop impaction
Lettuce - no nutritional value, may cause diarrhoea
Meat Scraps - avoid fat, feed cooked scraps only (if at all)
Nuts, shelled/unsalted - high in sat. fat (bad) but high in omega oil (good)
Pasta - high in carbohydrates, could cause weight gain
Pickles - processed, high salt content
Popcorn - unsalted/unbuttered/no sugar added
Potato skins/flesh, cooked - limited nutritional value
Raisins - higher sugar content, could cause renal failure and weight gain
Yogurt, plain/live - good for digestive system but only when necessary

Alcohol
Cake
Chocolate
Coffee
Mouldy Food
Sweets
Tea



JUST... WHY? LIMITED TREATS BAD TOXIC