



Budgie Feeding Chart + 60+ Safe Foods List & Diet Guide

Helpful Feeding Tips:

- Always wash fruits and vegetables thoroughly.
- Remove seeds from fruits like apples.
- Avoid avocado, chocolate, caffeine, and onions (toxic).
- Introduce new foods gradually.
- Provide fresh water daily.

Leafy Greens

Food	Benefit
Spinach	Provides essential nutrients for budgies
Kale	Provides essential nutrients for budgies
Lettuce	Provides essential nutrients for budgies
Swiss Chard	Provides essential nutrients for budgies
Cabbage	Provides essential nutrients for budgies
Parsley	Provides essential nutrients for budgies
Beet Greens	Provides essential nutrients for budgies
Mustard Greens	Provides essential nutrients for budgies

Vegetables

Food	Benefit
Carrot	Provides essential nutrients for budgies
Broccoli	Provides essential nutrients for budgies
Cauliflower	Provides essential nutrients for budgies
Peas	Provides essential nutrients for budgies
Corn	Provides essential nutrients for budgies
Cucumber	Provides essential nutrients for budgies
Zucchini	Provides essential nutrients for budgies
Bell Pepper	Provides essential nutrients for budgies
Pumpkin	Provides essential nutrients for budgies

Sweet Potato	Provides essential nutrients for budgies
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Fruits

Food	Benefit
Apple	Provides essential nutrients for budgies
Banana	Provides essential nutrients for budgies
Mango	Provides essential nutrients for budgies
Papaya	Provides essential nutrients for budgies
Blueberry	Provides essential nutrients for budgies
Strawberry	Provides essential nutrients for budgies
Grapes	Provides essential nutrients for budgies
Orange	Provides essential nutrients for budgies
Pear	Provides essential nutrients for budgies
Peach	Provides essential nutrients for budgies
Plum	Provides essential nutrients for budgies
Kiwi	Provides essential nutrients for budgies

Herbs

Food	Benefit
Basil	Provides essential nutrients for budgies
Mint	Provides essential nutrients for budgies
Coriander	Provides essential nutrients for budgies
Dill	Provides essential nutrients for budgies
Oregano	Provides essential nutrients for budgies

Protein Extras

Food	Benefit
Boiled Egg	Provides essential nutrients for budgies
Lentils	Provides essential nutrients for budgies
Chickpeas	Provides essential nutrients for budgies
Beans	Provides essential nutrients for budgies

Grains

Food	Benefit
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Oats	Provides essential nutrients for budgies
Brown Rice	Provides essential nutrients for budgies
Quinoa	Provides essential nutrients for budgies
Whole Wheat Pasta	Provides essential nutrients for budgies

Other Safe Foods

Food	Benefit
Sprouts	Provides essential nutrients for budgies
Millet	Provides essential nutrients for budgies
Canary Seed	Provides essential nutrients for budgies
Pellets	Provides essential nutrients for budgies