

# Parrots and Peanuts - TGF's Peanut Policy

Peanuts are often contaminated with aflatoxin, a fungal toxin. Aflatoxin is carcinogenic and causes liver damage in birds and other animals. It is often in the shell as well as in the peanut itself. Roasting peanuts reduces aflatoxin but does not eliminate it entirely. Peanuts with dark spots on them should be considered suspect; but even those that look clean and perfect could possibly be contaminated. Peanuts in nearly every commercial parrot/seed diet are not human-grade. Even feeding human grade/organic peanuts can be a health hazard to your bird. With better nutrition available to our birds in almonds, walnuts, pine nuts, pistachios, TGF recommends that you leave peanuts out of your bird's diet.



If you cannot resist giving your parrot a peanut, then feed only out of shell, dry roasted and unsalted peanuts. TGF suggests feeding them in tiny pieces for positive reinforcement when training your bird or when you want to reward your bird's desired behavior.



The Birdbrain 1025 Acoma St. Denver, CO 80204 or

Aviary and Adoption Center 39520 County Road 13 Elizabeth, CO 80107

Phone: (303) 629-5900 Fax: (303) 629-5901

[www.thegabrielfoundation.org](http://www.thegabrielfoundation.org)

The Gabriel Foundation is a 501(c)(3) avicultural and veterinary affiliated parrot welfare organization licensed by the State of Colorado. Tax Identification 84.1396085

