

Produce Guide for Feeding your Green Aracari



Items Are Color Coded to Quickly show Safety Levels:		Excellent Choice	In Limited Quantities or see notes for warnings		NOT Safe to Feed	
Food	Seasonal	Can be Frozen?	Shelf Life	Values	Notes	
Acai Berry		✓	Medium	Per 100 g Iron - 11.80 mg Vitamin C - 9.0 mg	Rich in fatty acids, dietary fiber and antioxidants	
Apple		✗	High	Per 100 g Iron - .12 mg Vitamin C - 4.6 mg	If not organically grown, substitute pears, cantaloupe, kiwi, watermelon, nectarines, honeydew or bananas.	
Apricot	✓	✓	High	Per 100 g Iron - .39 mg Vitamin C - 10.0 mg	If not organically grown, substitute nectarines, cantaloupes, and watermelon	
Avocado	n/a			Per 100 g Iron - .5 mg Vitamin C - 10.0 mg	Skins and pits are poisonous to birds; flesh ok in small quantities	
Banana		✗	Low	Per 100 g Iron - .26 mg Vitamin C - 8.7 mg	Fresh, not overly ripe. Mixing with other fruit may spoil other fruit quicker.	
Bitter Melon	✓	✗	Medium	Per 100 g Iron - 0.38 mg Vitamin C - 33.0 mg	Fibrous core	
Blackberry	✓	✓	Low	Per 100 g. Iron - .38 mg Vitamin C - 33 mg	Safe if not from Guatemala	
Boysenberry	✓	✓	Low	Per 100 g Iron - .28 mg Vitamin C - 75 mg	High vitamin C content; use sparingly	
Blueberry	✓	✓	Low	Per 148 g Iron - .4 mg Vitamin C - 14.4 mg	One of the best superfoods available to toucans; use domestic blueberries only	
Broccoli	n/a			Not suitable for Toucans		
Cantaloupe		✗	Medium	Per 100 g Iron - .21 mg Vitamin C - 36.7 mg	Safe if from US, or organically grown; not from Mexico or Guatemala; otherwise substitute papaya, nectarines and watermelon.	
Carambola (Star Fruit)		✗	High	Per 100 g Iron - .08 mg Vitamin C - 34.4 mg	Note: in individuals with kidney failure this fruit is dangerous due to oxalic acid. Feed sparingly.	
Carrot		✓	High	Per 100 g Iron - .30 mg Vitamin C - 5.9 mg	Safe if not from Mexico	

	Casaba, Crenshaw, Canary Melon	✓	✗	Medium	Per 100 g Iron – .34 mg Vitamin C – 21.8 mg	Safe is grown in US or organic, otherwise substitute other melons
	Cauliflower	n/a			Not suitable for Toucans	
	Cherry	✓	✓	Medium	Per 100 g Iron - .4 mg Vitamin C – 7 mg	Safe if organically grown or from US; If from Chile, substitute blueberries, raspberries, watermelon and kiwis
	Coconut		✗	High	Per 100 g Iron – 2.43 mg Vitamin C – 3.3 mg	Feed in small quantities due to fiber content.
	Corn	n/a				Not suitable for toucans
	Cranberry		✓	High	Per 100 g Iron – .3 mg Vitamin C – 13.3 mg	Do not feed whole; High in antioxidants
	Cucumber		✗	Medium	Per 100 g Iron – 0.28 mg Vitamin C – 2.8 mg	Should be peeled
	Dragon Fruit / Pitaya		✗	Medium	Per 100 g Iron – 0.3-0.7 mg Vitamin C – 4-25 mg	Must be peeled; rich in phytoalbumins which are prized for their antioxidant properties. Also good source of calcium and phosphorus.
	Fig	✓	✗	Low	Per 100 g Iron - .37 mg Vitamin C – 2.0 mg	Very seasonal; great austeriety fruit. Feed fresh only.
	Grape	✓	✓	Medium	Per 100 g Iron - .36 mg Vitamin C – 10.8	Do not use if grown in South America (Chile). Buy organic. Seedless preferred.
	Grapefruit	n/a			Citrus not suitable for Toucans	
	Strawberry Guava	✓	✗	Medium	Per 100 g Iron - .2 mg Vitamin C – 37 mg	Do not use if grown in Chile. Avoid common guava. High in vitamin C
	Honey Dew		✗	Medium	Per 100 g Iron - .17 mg Vitamin C – 18 mg	Great fruit for daily use; moisture-rich
	Kaki / Persimmon		✗	Low	Per 100 g Iron – 0.15 mg Vitamin C – 7.5 mg	Purchase astringent type. Do not feed peel. Very high in tannins if fed before soft.
	Kiwi		✓	Medium	Per 100 g Iron .31 - .41 mg Vitamin C 71 -- 92.7 mg	Safe if not from Chile. Do not feed fuzzy skin. Values change dependent upon if fruit was held in storage.
	Lemon	n/a			Citrus not suitable for Toucans	
	Lettuce & Other Leafy greens		✗	Low	Per 100 g Iron - .97 mg Vitamin C – 24 mg	Use sparingly; 1-2 times per week

	Lime	n/a			Citrus not suitable for Toucans	
	Lychees (Litchis)	✓	✗	Medium	Per 100 g Iron –.3 mg Vitamin C – 72 mg	Use sparingly; very high Vitamin C
	Mango	n/a			Per 100 g Iron - .1 mg Vitamin C – 27.7 mg	Moderately rich in Vitamin C
	Mangosteen Fruit	✓	✗	Medium	Per 100 g Iron – 0.17 mg Vitamin C – 7.2 mg	Do not feed the rind, only the white inner fruit.
	Mulberry	✓	✓	Low	Per 100 g Iron – 1.9 mg Vitamin C – 36.4 mg	Skin contains resveratrol which is a phytoalexin a type of plant antibiotic
	Nectarine	✓	✓	Medium	Per 100 g Iron - .28 mg Vitamin C – 5.4 mg	High in tannins; great choice for daily use
	Nuts	n/a			Not suitable for Toucans	
	Orange	n/a			Citrus not suitable for Toucans	
	Palm Fruit		✗	Medium		Rare and difficult to find. High in omega fatty acids
	Papaya		✗	Low	Per 100 g Iron - .10 mg Vitamin C – 61.8 mg	Rich in Vitamin C. Overuse not recommended.
	Passion Fruit	✓	✗	Medium	Per 100 g Iron – 1.6 mg Vitamin C – 30 mg	Source of phytonutrients, antioxidants; feed inside, not peel
	Peach	✓	✓	Medium	Per 100 g Iron - .25 mg Vitamin C – 6.6 mg	Unless organically grown, substitute nectarines, watermelon, and kiwis.
	Pear		✗	Medium	Per 100 g Iron .17 mg Vitamin C – 4.2 mg	Great for daily use; some varieties may ripen faster than others, look for organically grown
	Peas		✓	High	Per 100 g Iron – 1.53 Vitamin C – 18 mg	Defrost before feeding; use in small quantities; buy organic
	Pepino Melon	✓	✗	Medium		Moisture rich
	Pineapple	n/a			Highly acidic Not suitable for Toucans	
	Plantain		✓	Low	Per 100 g Iron - .6 mg Vitamin C – 18.4 mg	Also known as cooking banana; green plantains must be cooked, ripe black plantains can be fed raw
	Plum	✓	✗	Medium	Per 100 g Iron - .17 mg Vitamin C – 9.t mg	Great choice for daily use when domestic available
	Pomegranate	✓	✓	Medium	Per 100 g Iron - .30 mg Vitamin C – 6.1 mg	Great for dietary enrichment; austerity food

	Raspberry	✓	✓	Low	Per 100 g Iron - .7mg Vitamin C – 26.2 mg	Difficult to keep; may feed defrosted use organic
	Seeds	n/a			Not suitable for Toucans	
	Strawberry	✓	✓	Low	Per 100 g Iron - .41 mg Vitamin C – 58.5 mg	Unless organically grown, substitute blueberries, raspberries, watermelon and kiwis
	Sweet Potato		✗	High	Per 100 g Iron - .69 mg Vitamin C – 19.6	Bake or steam, remove skin, cut in small cubes
	Tamarillo	✓	✓	Low	Per 100 g Vitamin C – 15.0-42.0 mg Iron – 0.3-0.9 mg	Half fruit and scoop out flesh; Tangy & mildly sweet; Can be high in Vitamin C
	Tangerine	n/a			Citrus not suitable for Toucans	
	Tomato	n/a			Not suitable for toucans	
	Watermelon	✓	✗	Medium	Per 100 g Iron - .24mg Vitamin C – 8.1 mg	Moisture rich; use in smaller quantities
	Winter squash (Acorn, Hubbard, butternut, etc)	✓	✗	Long	Per 100 g Iron - .60 mg Vitamin C -- 11.0 – 28.0 mg	Moisture rich; use in smaller quantities; good source of Vitamin A, manganese, potassium and beta carotene

Special notes:

We recommend washing all fruit thoroughly, whether organic or conventional, in a 20%-70% mixture of Veggie Wash[®] and cool water. For most fruits, soaking them in this mixture for 1-5 minutes followed by scrubbing and rinsing will clean produce sufficiently.

Diced fruit may be placed in a sealed container for up to 5-7 days to minimize daily effort.

Low iron softbill pellets may be added to the diet at less than 20% of the whole diet.

For birds 1-6 months of age, we recommend mixing pellets with the diced fruit mixture. Two feedings of 1 cup each daily is sufficient for most aracarís.

For birds over 6 months of age, we recommend simply mixing dry pellets into the fruit mixture daily but one feeding of 2 cups is sufficient with additional enrichment as one sees fit.

For training and reinforcement, halved blueberries are usually suitable or quartered (domestic) grapes. Cubes of cantaloupe or honeydew melon have also been used successfully and are easy to manage during sessions.

For breeding birds, we recommend adding more greens to the diet when parents are feeding chicks. We also recommend adding a second feeding to the daily regimen to be sure fresh food is always available to parent birds. Live food in the form of medium-sized crickets may also be provided to breeding birds.

Supplements that are appropriate include coconut oil, a fantastic source of medium chain triglycerides (MCTs) as well as decaffeinated black tea sprinkled on food three (3) times per week which contains tannins that block the absorption of iron

by the liver, therefore preventing hemochromatosis, or iron storage disease, a disorder common to toucans, mynahs, starlings, and some related taxa. We also strongly propose the brewing of teas for additional health benefits.

Compiled by: Andersen, F., Crean, J., Shaheen, D., Stewart, D., Stewart, E.