

80 FOODS THAT HARM & HEAL

The Ultimate Guide For Keeping
The **Healthiest Chickens** On The Planet.



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ARTHUR RENAUD



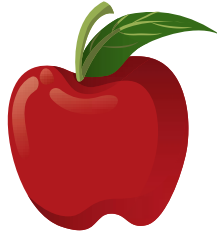
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Chook Favorites



ALMONDS
(chopped)



APPLE
(w/o seeds)



BANANA
(w/ peel)



BLUEBERRIES



BROCCOLI
(cooked)



**BRUSSEL
SPROUTS**



CABBAGE



**CANTALOUPE
SEEDS**



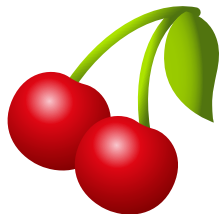
CARROTS
(cooked)



CAULIFLOWER
(stems & leaves)



CELERY



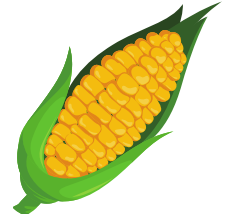
CHERRIES



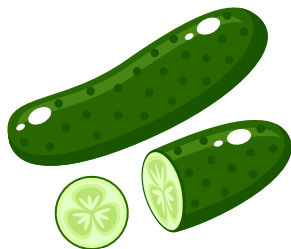
CHIA SEEDS



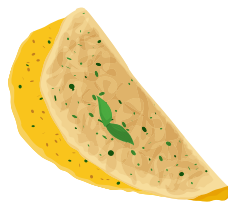
CHICKEN
(w/o skin)



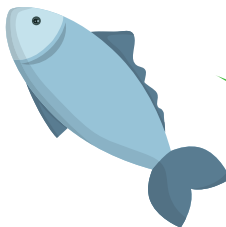
CORN
(w/ husk)



CUCUMBER



EGGS
(cooked)



FISH



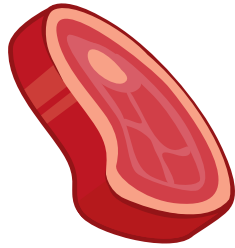
GRASS
(no chemicals)



KALE



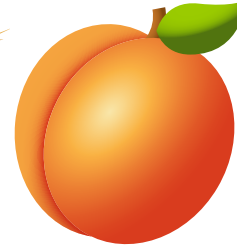
**ROMAINE OR
COS LETTUCE**



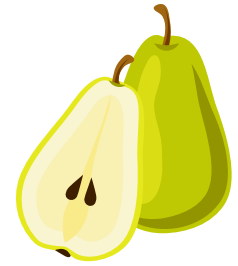
**MEAT
(w/o fat)**



**OATS
(raw or cooked)**



**PEACH
(no pits)**



**PEARS
(cooked)**



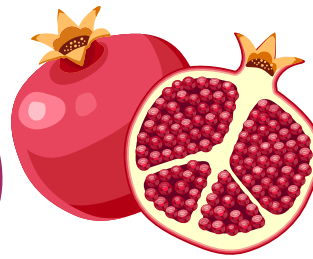
PEAS



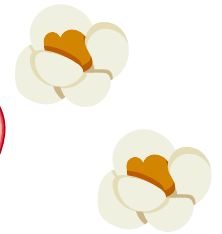
**PECANS
(chopped)**



**PLUMS
(no seed)**



POMEGRANATE



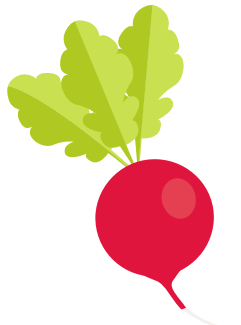
**POPCORN
(plain)**



**PUMPKIN
(w/ seeds)**



QUINOA



**RADISH
(chopped)**



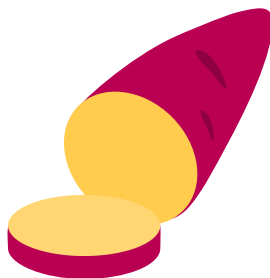
**SPAGHETTI
SQUASH**



STRAWBERRY



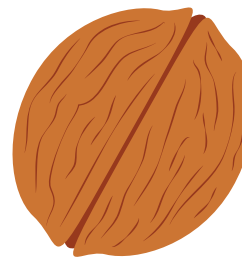
**SUNFLOWER
SEEDS**



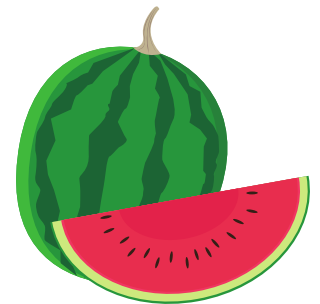
**SWEETPOTATO
(cooked)**



TOMATOES



**WALNUT
(chopped)**

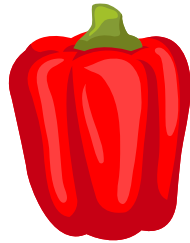


**WATERMELON
(w/ rind)**

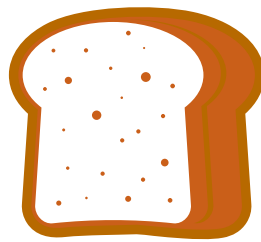
Healthy (but in moderation)



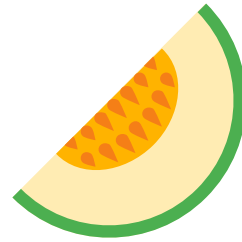
ASPARAGUS



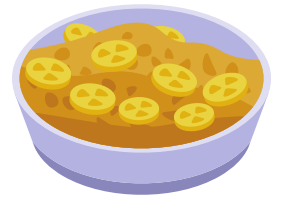
BELL PEPPER



BREAD
(soak in milk)



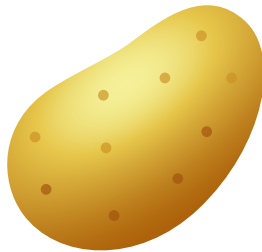
CANTALOUPE



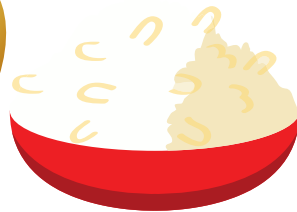
CEREAL



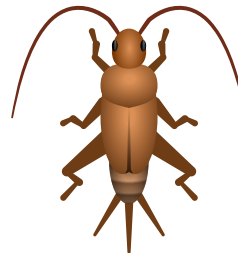
CHEESE



POTATO
(cooked)



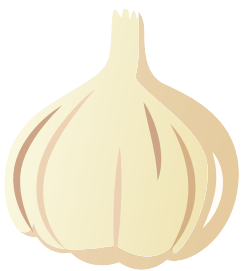
RICE



CRICKET



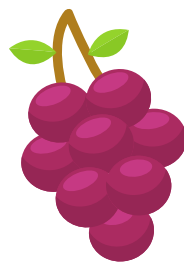
FRUITS



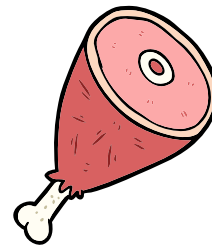
GARLIC



GRAPEFRUIT



GRAPES



HAM



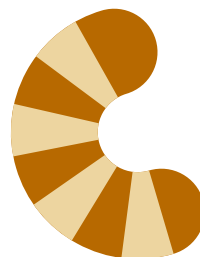
KIWI



**ICEBERG
LETTUCE**



MANGO



MEALWORMS

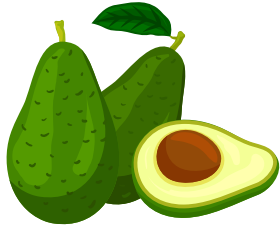


MELON

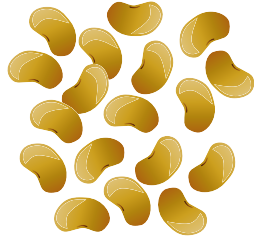


NUTS

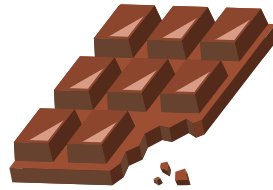
Toxic Foods



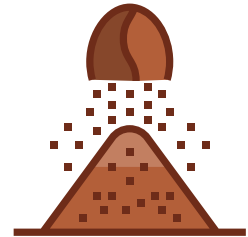
AVOCADO
(skin & stone
are toxic)



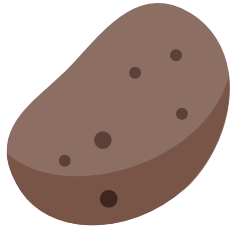
BEANS
(raw and
undercooked)



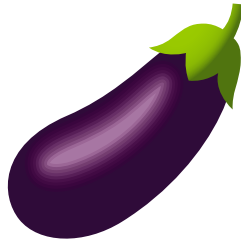
CHOCOLATE



**COFFEE
GROUNDS**



GREEN POTATO
(or skins)



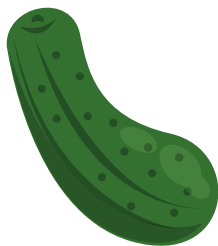
EGGPLANT



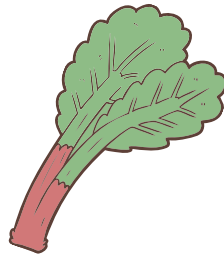
**ANYTHING
MOLDY**



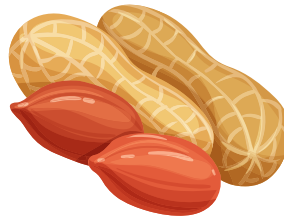
ONIONS



PICKLES



RHUBARB



PEANUTS

HEALTHY AND TOXIC FOODS FOR CHICKENS

Printable Checklist

CHOOK FAVORITES

- | | |
|---|---|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Banana peel | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Pecans |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Brussel sprouts | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Popcorn |
| <input type="checkbox"/> Cantaloupe seeds | <input type="checkbox"/> Pumpkin w/ seeds |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Cauliflower stems & leaves | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Spaghetti squash |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Chia Seeds | <input type="checkbox"/> Sunflower seeds |
| <input type="checkbox"/> Chicken w/o skin | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Corn Husks | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Watermelon w/ rind |
| <input type="checkbox"/> Eggs (cooked) | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Fish | |
| <input type="checkbox"/> Grass | |
| <input type="checkbox"/> Kale | |
| <input type="checkbox"/> Lettuce | |
| <input type="checkbox"/> Meat | |

MODERATE

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Bell pepper | <input type="checkbox"/> Mealworms |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Melon |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Nuts |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Oatmeal |
| <input type="checkbox"/> Cheese | <input type="checkbox"/> Orange peels |
| <input type="checkbox"/> Citrus | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Crickets | <input type="checkbox"/> Pasta |
| <input type="checkbox"/> Fruit | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Ham | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Iceberg or butter lettuce | |

NEVER

- | | |
|--|---|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Anything moldy |
| <input type="checkbox"/> Raw or under-cooked beans | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Chocolate | <input type="checkbox"/> Peanuts |
| <input type="checkbox"/> Coffee grounds | <input type="checkbox"/> Pickles |
| <input type="checkbox"/> Green potatoes or skins | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Eggplant | |



What's next?

From hydration to healthy diets, we all want to do an eggcellent job when caring for our feathered friends. Did you know 67% of chicken keepers surveyed experienced a chicken health or behaviour issue in the first 12 months that they didn't know how to handle?

But don't worry! Our feathered experts at **Chickenpedia** have created a **Chicken Healthcare Course**. It is a comprehensive online course that includes everything you need, including what to look for in an unhealthy chicken and how to support your egg-laying hens to optimal health. All of our courses are really well structured and filled with vital information. From raising baby chicks to feeding to behavior, you'll find valuable information that'll give you the knowledge and confidence to successfully look after your chickens.

Check out **Chickenpedia** today. As a member, you will also get access to ALL of our chicken courses!

WHAT'S INCLUDED IN CHICKENPEDIA?

We've broken it into 9 modules to help you master chicken keeping in as little time as possible.

MODULE 1

The Ultimate Guide To Chicken Health

From daily nutrition to disease and crisis prevention, discover everything you need to give your chickens a long, happy & healthy life without expensive vet bills or distressed, struggling chickens in sight.

MODULE 2

Finding The Perfect Chicken Breed For You

We'll help you find the perfect breed match for your climate and lifestyle needs. Whether you're just getting started or you're introducing new chickens to an existing flock, we'll give you the expert guidance you need to choose the best breed.

MODULE 3

Raising Safe, Happy & Healthy Baby Chicks

All it takes is one tiny mistake to cost you an entire flock of delicate baby chicks. That's why we'll show you the most crucial things you need to know to ensure that your little ones have a nurturing, loving and safe environment to thrive in.

MODULE 4

How To Deal With Mites, Lice & Worms - Permanently

A perfect example of prevention being better than a cure, we'll show you exactly how to identify, prevent and treat troubles with pests.

MODULE 5

Chicken Nutrition Secrets, Tricks & Tips

As the saying goes: you are what you eat. That's why we'll show you exactly how to keep your little friends in tip-top shape with a healthy, nutritious diet.

MODULE 6

Insider Secrets On Building vs. Buying A Coop

We'll walk you through the major benefits and drawbacks of both options to help you decide while showing you how to keep your security top-notch.

MODULE 7

Total Predator Prevention & Protection

Discover exactly how to keep your flock safe and predators out of your coop by becoming the ultimate security eggspert.

MODULE 8

A Fool-Proof Guide To Safely Incubate & Hatch Eggs

Leave your worries by the door as we walk through the exact steps you need to take to ensure the safety of your future chicks as you incubate & hatch your eggs with none of the risks & a fraction of the effort.

MODULE 9

Helping Your Hens Lay A Limitless Supply Of Fresh, Healthy Eggs

Give your ladies the support and nurturing they need to provide you and your family with a never-ending supply of delicious eggs while avoiding the most critical issues that come up during laying.

- ✓ The Ultimate Guide To Chicken Health (Value \$197)
- ✓ Finding The Perfect Breed (Value \$197)
- ✓ Raising Safe & Beautiful Baby Chicks (Value \$197)
- ✓ Crush Mice, Lice & Worms Permanently (Value \$197)
- ✓ Chicken Nutrition Secrets, Tips & Tricks (Value \$197)
- ✓ Building vs. Buying A Coop (Value \$197)
- ✓ Total Predator Prevention (Value \$197)
- ✓ Safely Incubate & Hatch Baby Chicks (Value \$197)
- ✓ Maximizing Your Hens' Egg Laying (Value \$197)
- ✓ BONUS: Expert Support Q&A's (Value \$297)
- ✓ BONUS: Perfect Keeper Checklists (Value \$97)
- ✓ BONUS: Chicken Diagnostics Software (Value \$197)

Yes, I Need This!