

# Which birds eat which foods?



» Indicates birds that prefer other foods or are less common

## Good Seeds

### ***Black Oil Sunflower***

Some form of sunflower should be the first ingredient in any mix for perching songbirds.

- House finch, American goldfinch, pine siskin
- Titmouse, chickadee, nuthatches
- Jays
- Sparrows, towhees, junco
- » Woodpeckers, grosbeak, blackbirds, doves.



### ***Sunflower Chips***

Hulled sunflower chips or hearts avoid shell waste and attract more birds than any other seed.

- All birds listed above for in-shell sunflower
- Lesser goldfinch
- Bewick's Wren
- » Townsend's Warbler and other insect-eaters



### ***Nyjer (a.k.a. "Niger" or "Thistle")***

- Goldfinches, pine siskin, house finch
- Sparrows, towhee, junco (when accessible)
- Dove and quail (when accessible)
- » Chickadee



### ***Safflower***

- Preferred by titmice and doves
- Tolerated by most birds that eat sunflower in-shell
- ◇ Generally **not** eaten by squirrels



### ***White Proso Millet (or Hulled Millet)***

- Sparrows, towhee, junco
- Dove and quail
- » Blackbirds, house finch



### ***Cracked Corn***

- Sparrows, towhee, junco
- Dove and quail
- » Blackbirds, jays



## On Bad Seeds

The leading cause of messy birdfeeding is crummy seed mixes commonly found at pet stores, garden centers, hardware stores, and the like. These blends contain large amounts of filler grains like **milo (sorghum)**, the round red seeds seen here.



Other fillers to avoid are **wheat, rapeseed, red millet, golden millet, oats**, and unspecified “**grain products.**” White millet and cracked corn appeal overwhelmingly to ground-feeding species and should not be primary ingredients offered in a hanging songbird feeder.

## Other Foods

### *Shelled Peanuts*

- Woodpeckers, jays (will also eat peanuts in-shell)
- Titmouse, chickadee, nuthatches
- » House finch, pine siskin, Bewick's wren
- » Sparrows, towhees, junco

### *Suet*

Suet, or rendered beef fat, is most commonly seen in square cakes mixed with nuts and grains, but can also be found in bits, balls, cylinders, and spreadable forms.

- Woodpeckers, jays, Bewick's wren
- Titmouse, chickadee, nuthatches
- » Sparrows, towhees, junco (with accessible feeders)
- » House finch, pine siskin (prefer seed)
- » Townsend's warbler, yellow-rumped warbler, ruby-crowned kinglet, bushtit

### *Mealworms*

All of the seed-eaters except finches will eat mealworms.

- Western bluebird
- » Orioles, robin, mockingbird, black phoebe
- » Townsend's warbler, yellow-rumped warbler, ruby-crowned kinglet, hermit thrush (winter)

### *Nectar (4 parts water, 1 part sugar) and Jelly*

- Hummingbirds, orioles
- » Other jelly eaters: jays, house finch, woodpeckers, tanager, mockingbird

**Any questions? Ask us!**



Wild Birds Unlimited of Marin  
Vintage Oaks at Novato

(415) 893-0500 ~ [wbu.com/marin](http://wbu.com/marin)