

12 of The Best Bird Seed to Attract Birds

This guide allows you to easily cross-examine the connection between different types of seed and the bird species that prefer them. Consider creating feeding stations with different types of food so that you attract the widest range of birds to your yard.

When shopping for seed, avoid those containing Golden or Red Millet and Flax in the ingredients. It is merely a filler and most birds will not eat it. If left too long, this waste seed grows bacteria and fungus making it dangerous for the birds



Food Types	Birds	Notes
Black oil sunflower seeds	Attractive to virtually all seed eating birds. Nuthatches, Cardinals, Finches, etc	Thin shells make it easy for almost all birds to crack open and eat. Small warning: Squirrels love sunflower seeds!
Larger striped sunflower seeds	Attractive to virtually all seed eating birds. Bluejays, Cardinals, Woodpeckers	Thicker shell so harder for small birds to open. Recommended if you are attracting birds you prefer not to feed. Small warning: Squirrels love sunflower seeds!
Hulled sunflower kernels and chips	Attractive to virtually all seed eating birds. Nuthatches, Cardinals, Finches, etc	Do not put hulled kernels and chips in tube feeders. It collects moisture too quickly contaminating the food. Benefit: No shell mess below your feeder!
Nyjer or Niger	Small finches	Finches seem to prefer Nyjer over sunflower seed.
White Millet	Quail (shout-out to my AZ friends!) American sparrows Doves Towhees Juncos Cardinals	Favorite food for ground feeding birds. Millet also attracts cowbirds, blackbirds and house sparrow. If these birds are present, switch to black oil sunflower.



Food Types	Birds	Notes
Safflower Seed	Cardinals favorite! Grosbeaks Chickadees Doves Native sparrows House finches Mourning doves	Some sources state squirrels do not like safflower but the jury is still out.
Shelled and Cracked Corn	See Notes	<u>Cornell</u> warns against using corn due to its being a favorite of "House Sparrows, cowbirds, starlings, geese, bears, raccoons, and deer—none of which should be subsidized by us. Second, corn is the bird food most likely to be contaminated with aflatoxins, which are extremely toxic even at low levels."
Milo or Sorghum	Steller's Jays Curve-billed Thrashers Gambel's Quails	If cowbirds are attracted to your Milo, offer a different type of food.
Suet	Black Capped Chickadees Woodpeckers Nuthatches Wrens	-
Fruit	Orioles Wrens Robins Bluebirds Thrushes Grosbeaks Cardinals And SO many more!	-
Nectar	Hummingbirds	-
Peanuts	Jays Crows Chickadees Titmice Woodpeckers	Squirrels, bears, raccoons also like peanuts so be warned. Peanuts can also be contaminated with aflatoxin so be sure to keep it dry and use up quickly.

*Much of the data in the table above came from the Cornell Lab of Ornithology. Might as well go to the best, right??

