



A good diet is the foundation of an effective preventive medicine program for your companion. Due to the number of bird species and the lack of pertinent nutritional data, we can only offer you feeding **guidelines** for your bird. Over time, these recommendations may change as we learn more about bird nutrition.

A special note is necessary regarding poisons in birds. Birds are exquisitely sensitive to pesticides, fungicides and toxins. Whenever possible, organic or pesticide free foods should be fed to your avian companion. Only human grade foodstuffs should be offered to your bird i.e. if it is not labeled for human consumption (other than avian pellets), don't feed it to your bird!!

## THE DIET:

- Pellets (50%):
  - Invest in a high quality balanced pelleted diet designed for birds
  - Examples include Harrison's Bird Diet (available at our clinic), Zupreem, or Kaytee Exact
- Vegetables (20-30%):
  - Collard greens, Dandelion greens, Beet greens, Mustard greens
  - Kale, Endive
  - Broccoli Stems
  - Parsley
  - Romaine
  - Sweet Potato (cooked)
  - Green Beans
- Cooked Whole Grains (10-20%):
  - Slow Cooking Brown Rice
  - Wild Rice
  - Spelt
  - Wheat Berry
  - Whole Oats
- Fruits (5%): Don't leave in the cage longer than 3-4 hours
  - Watermelon
  - Citrus
  - Blueberries, Strawberries, Raspberries, Blackberries