

Nutrition

Parrots will just eat about anything. However, this does not mean they should. Diet is extremely important for the overall health of your pet bird. A poor diet can lead to many health concerns both medical and behavior.

Seed mixes should not constitute more than 20% of what your bird consumes daily. The majority of their diet should contain a variety of vegetables and fruits, protein and whole grain products.

Protein Sources: Cooked meat (chicken, fish); dog/cat kibble; cooked eggs, cheese, cottage cheese, and yogurt.

Whole Grain Sources: Dry cereals; cooked cereals, rice, uncooked oatmeal, granola, breads, muffins, pasta (cooked or uncooked), and crackers.

Nuts/Trail Mix: In moderation only as they are high in oils and fats.

Fruit and Vegetable Sources: Fresh fruits and vegetables are more nutritious although frozen-thawed and canned are acceptable.

Be careful on how much food you offer. Despite the quality, quantity can be an issue which can lead to obesity.

There are many prepared foods on the market today. The best and most nutritious of these prepared diets are pellets. It has everything a bird needs. No supplementation is ever necessary. Birds adapt well to these pelleted diets. There may be an extended conversion time for birds which are seed junkies or those that tend to be a bit on the finicky side.

Organic diets, such as Harrisons, are the premiere diets on the market. Feeding these diets in combination with fruits and vegetables offers your bird a balanced and completely nutritious diet.