



## **PEOPLE FOOD IS GOOD FOR BIRDS!**

### **COCKATIELS, LOVE BIRDS, CONURES AND OTHER SMALL PARROTS:**

We recommend 50% to 75 % of the Parrots' Diet is Pellets, such as:

ZuPreem, Fruit Blend Maintenance (small birds).

ZuPreem, Natural (maintenance for small birds).

Roudybush minis (Available at C&B Birds in Verona, PA).

Our Hand-raised parrots are fed 50% ZuPreem and 50% Roudybush mixed with Kaytee baby bird formula.

Seeds should be given sparingly. Not more than 25% to 30% of the parrot's diet.

We feed Higgins Premium Pet feeds, Small Safflower Gold.

Fruit, vegetables and Green Leafy lettuces should make up the balance.

Keep in mind each bird will develop its own preferences.

### **THE GOOD:**

Vegetables—fresh and raw is best, but you can also use frozen—thawed and cooked (without sauce or salt).

Spinach, broccoli & cauliflower can bind calcium in a bird. These vegetables should be fed only once or twice weekly.

Fruit. (Fresh, not canned!)

Whole grain breads & cereals.

Cheese (SMALL amounts). Not often!

Yogurt (SMALL amounts)...this is the only dairy product that is easy for birds to digest.

Cooked pasta & rice.

Popcorn! Air popped is best. Watch out for salty or buttered versions.

Fresh leaves and branches to chew. Make sure branches have not been sprayed with pesticides and are not toxic.

White meat—well cooked. (Turkey, chicken, pork).



**THE BAD:**

Added sugar.

Anything processed.

Fast Food.

Dairy products.

Be aware of MSG in Chinese Food.

**Animal grade** peanuts and Brazil nuts. These can carry a mold in the shell that can be inhaled causing Aspergillosis.

**FOODS THAT CAN KILL!**

Avocado or Guacamole.

Chocolate.

Caffeine.

Alcohol.

Mayonnaise.

Salty foods—potato chips, pretzels, lunchmeat, canned foods.

Seeds of apples, peaches, cherries and pears.

Rhubarb.

Tomato leaves or stems.

Eggplant leaves.

Raw onions or garlic.

Anything moldy.

Yeast dough.