

# Bird Diet

A pet bird's diet should consist of a recommended brand of pellets (*no seeds!*), fresh fruits, and veggies daily. In the wild birds will forage for their food and eat anything they can find like vegetation, fruits, seeds, nuts, and sometimes even bugs. As a pet, birds should not get foods high in fat like nuts and seeds which is why a pelleted diet is highly recommended.

## Pellets

There are many types of pellet brands and many of them have seeds mixed in and a lot of dye on the pellets to make them colorful. These are the brands to avoid. Having seeds mixed into pellets gives birds the opportunity to only eat the fattening seeds and leave the pellets behind. Remember, pet birds should not get a lot of seeds. Colored pellets also contain dyes which are not healthy for birds to consume. Some great and highly recommended pelleted brands are:

- Harrisons
- Roudybush
- TOPS
- Zupreem Naturals
- Lafeber

An unlimited supply of healthy pellets should be available to your bird in their cage. Their metabolism is very fast, so it is important for them to eat frequently.



## Fresh Produce

For a complete and balanced diet, fresh produce should be provided daily. There are many essential vitamins a bird needs that cannot be found in commercial diets. Fresh produce is also enriching for your bird because you can offer a wide variety and place or hide it in fun places. Make sure to thoroughly wash all produce before giving it to your bird. What produce you can feed your bird will vary depending on the species, so make sure to research before offering any produce. Some favorites are:

- Carrots
- Apples
- Corn
- Bananas
- Green Beans
- Berries
- Peas
- Pears
- Broccoli

Depending on the size of the bird, some produce may need to be chopped up into small pieces.



## Water

Fresh water should always be available to your bird. Get a water bowl about twice the size of your bird and change the water at least once a day. Some birds like to dip pellets into their water bowl, if this is the case, change the water more often. Scrub bowls with soap and rinse each time the water is changed.

## Treats

Birds can get seeds and nuts as treats in very small amounts. Millet is always a favorite, as well as almond slivers. Remember seeds and nuts are very fattening and not healthy for birds. A great alternative is dried fruits like papaya or cheerios!

