

Healthy Foods for Birds

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Most pet birds should have a diet that includes about 75% good-quality pellets. The other 25% of the diet should include food from other food groups.

Whole Grains (Complex Carbohydrates)

- Cooked brown rice
- Whole wheat pasta
- Whole wheat crackers (like Zwieback)
- Whole grain cooked cereal
- Cooked quinoa

Protein and Dairy (~5-10% of diet)

- Stay away from meat and eggs (although the latter can be cooked into birdie breads)
- Cooked beans
- Low-fat cheese (including cottage cheese)
- Low-fat yogurt (especially Greek yogurt)

Vegetables (~10-15% of diet)

- Especially those high in vitamin A (any that are dark green, orange, yellow, or red):
 - Yams, sweet potatoes
 - Squash, pumpkin
 - Carrots
 - Bell peppers
 - Dark leafy greens (kale, mustard greens, parsley, dandelion greens, swiss chard, romaine lettuce, collard greens, carrot tops)
 - Broccoli
- **NO** avocados!

Fruit (~5% of diet)

- Apples
- Oranges or tangerines
- Grapes
- Bananas
- Peaches
- Berries
- Mango
- Papaya
- Apricots

General rules to follow:

- No fatty foods
- No avocado
- No caffeine
- No chocolate
- No alcohol