



Healthy Shopping Guide for Birds

Listed below are some nutritious foods to incorporate into your pet's diet. Nutrition plays a major role in the health and longevity of any animal. Keep in mind that *moderation & variety* are keys to offering a complete, well-balanced diet.



Vegetables

Kale
Mustard greens
Green/Red leaf lettuce
Dandelion greens
Parsley
Broccoli and Broccoli leaves
Swiss Chard
Romaine lettuce
Collard greens
Carrot tops
Carrots
Celery
Sweet Potato/Yam
Radishes
Green bell peppers
Sweet bell peppers
Corn
Various hot peppers
Green beans
Snow peas
Zucchini
Cauliflower
Cucumber



Fruits

Berries (various)
Peach
Tangerine
Mango
Papaya
Apricot
Pomegranate
Cantaloupe
Pineapple

NOTE:

*Remove pits from fruits

Overall diet for most birds:

~5% fruits
~20% veggies
~15% nuts & seed
~60% formulated pellets

** Avocados are **TOXIC** to birds; do not feed! **

