**Feeding your Parrots.**

Always Monitor the amount of food eaten. Offer fresh water daily, and fresh foods every day or every other day. In the warmer months do not leave those dishs out any longer than 30 minutes. As they will spoil and could harm your bird. Clean all food and water dishes daily. KEEP in mind because he says no today does not mean NO forever. Keep trying

Fruits and Vegetables should account for about 20-25% of your birds daily diet. Go with darker greens as they have the better Nutritional value. (avocado is TOXIC to all animals especially Birds)

Fruits and Vegetables should be washed thoroughly to remove chemicals. Cut them into smaller pieces for them to manage depending on the size of the bird. If they are an apple piggy and leaving the other foods cut the amount of that partiqular item and more of the other so they are eating a variety.

A well balanced diet at all times

To their fruits and vegies or alternately I feed the Bean rice pasta mix that can be easily made ahead and frozen and again there are vegies in this as well but the pasta and cooked beans are giving your pet much needed protein.

Millet are great treats for your bird. All birds love millet so when bringing baby make sure you have some!

Cuttlebone should be available always

A good budgie seed with limited Black oil sunflower seeds or safflower seeds. In saying this Seeds should NOT be their primary diet.

Roudybush or Harrison pellets are my pellet of choice. In saying this LIMIT pellets with red eyed Parrotlets ( Lutinos , Creaminos, Albino’s) It has been recently discovered it may be the cause liver (build up of uric acid) and possibly death. They are MAINLY talking about the Parrotlets in the book that I got this from. They did mention specific findings of the same issue in Cockatiels, Budgies and Parrotlet Mutations. It could be they have just not see it in larger birds.

Below is again a list of foods safe for your feathered friend:

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| --- | --- | --- | --- | --- | --- |
| apple | cherries (not the pit) | Pear | blueberry | melons | sprouted seeds |
| apricots | Chinese vegetables (bok choy) | peas | broccoli | mango | squash |
| asparagus | coconut | peppers (red/green & hot) | brussel sprouts | nectarines | strawberry |
| banana | corn | pineapple | cabbage | orange | sweet potato |
| beans (cooked) such as: | cucumber | plum | cantaloupe | papaya | tomato |
| chick peas | dandelion leaves | pomegranate | carrot | parsnip | zucchini |
| kidney | dates | potato | carrot tops | peaches |  |
| lentils | endive | Pumpkin | sprouted seeds |  |  |
| lima | fig | rapini | squash |  |  |
| mung | grapes | raspberry | strawberry |  |  |
| navy | grapefruit | rice (brown) | sweet potato |  |  |
| soy | kale | romaine lettuce |  |  |  |
| beet | kiwi | spinach | Zucchi |  |  |