

# How to Choose the Best Bird Treats

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Does your bird crave a better cracker? Thankfully, today's treats offer more than just taste. In fact, it is easy to choose from the smorgasbord of flavorful goodies that also help improve diet and encourage instincts.

## Choose for nutrition

Wholesome treats can be hard to find. Many treats are laden with calories and packed with extra fats and sugars for taste appeal. However, healthier, but still tasty, alternatives are available. Some are made from natural food sources, such as our [Golden Sunburst Millet](#). Others, such as [Freeze-Dried Fruit and Vegetable Treats](#), are packed with essential vitamins and minerals.



## Choose for instinct

Certain treats help encourage activity and satisfy instincts. Treats that require your bird to forage or chew are better than those simply dropped into a dish in the cage corner. For example, our [Unsalted Nuts](#) require your bird to use her beak and feet to cull apart the shell and find the seed. For even more interest, place the treats in a puzzle toy, such as the [Caitec Tug N Slide Tower](#).



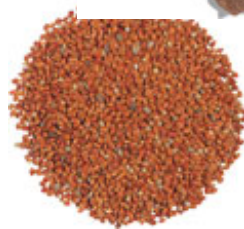
## WE RECOMMEND



[Freeze-Dried Fruit and Vegetable Treats](#)  
Scrumptious, crunchy treats are a nutritious addition to your bird's daily diet.



[Unsalted Nuts](#)  
Unsalted Nuts also provide rewarding foraging activity that physically and mentally engages birds.



[Basic Seeds](#)  
Introduce seeding-eating birds and other birds to new flavors, textures and shapes that complement their daily stable

diets.