What Should I Feed My Parrot?

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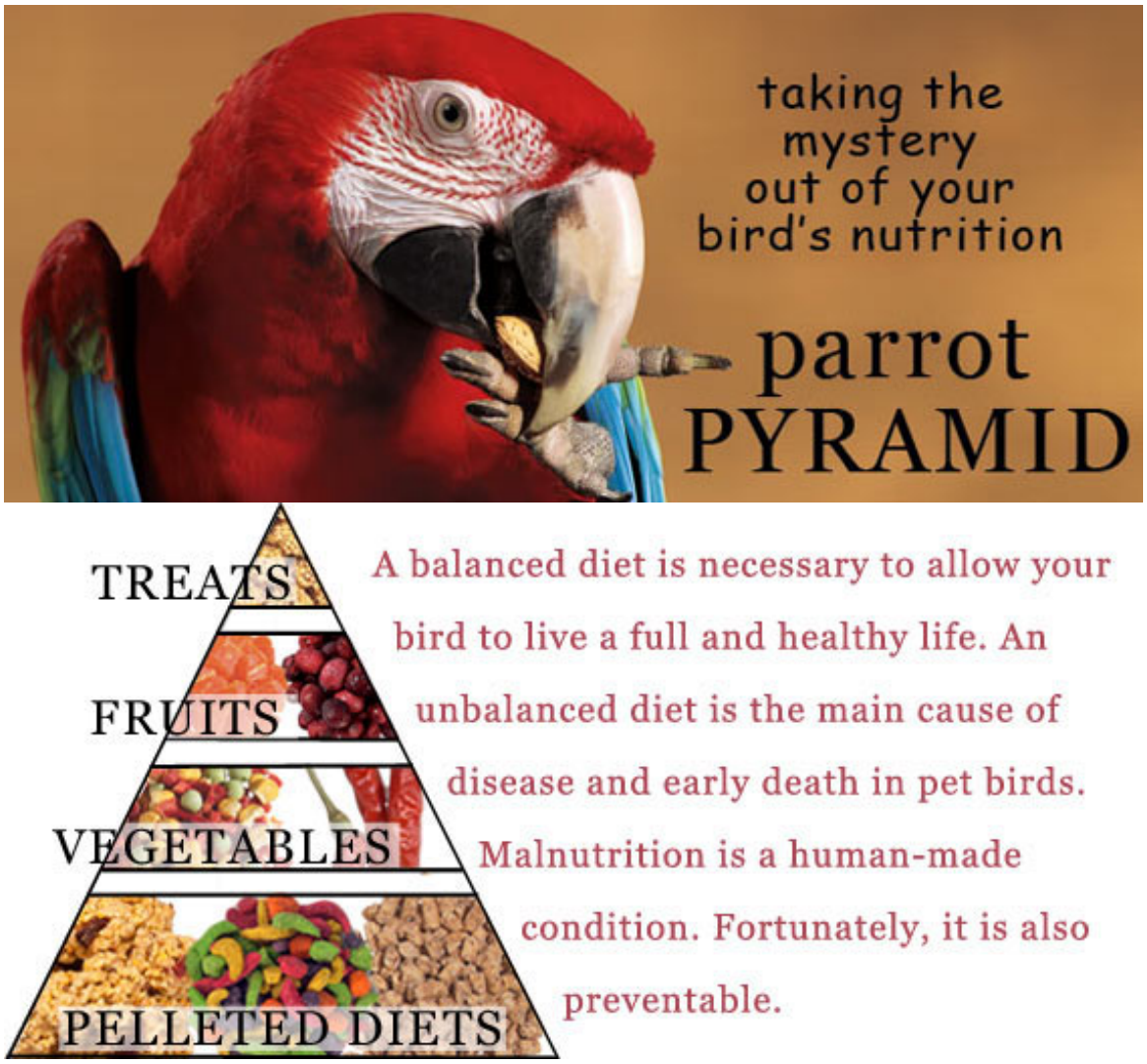

For most birds in the parrot family (psittacines), we recommend the intellectual stimulation of a varied diet. Not only are different foods enjoyable for birds to taste, foods with varied textures like broccoli, Swiss chard, and string beans are fun for parrots to shred and chew. This pyramid offers a quick glance at what a psittacine, in general, needs to thrive.

TOP TIER: Treats and seed The combination of both of these items should not exceed more than 10% of your bird's diet. We recommend a spray of our Golden Sunburst Millet.

SECOND TIER: Fruits Because of their high sugar and moisture content, fruits should constitute about 5% of the diet. A combination of dried (such as our Diced Papaya) and fresh fruits is a good choice.

THIRD TIER: Vegetables With the beneficial nutrients that they bring like vitamins and minerals, including antioxidants, vegetables should make up from 15%-30% of your parrot's diet. Again, a combination of fresh and dried vegetables (parrots love Just Veggies Mixed Snack) is best.

BOTTOM TIER: Pelleted diets These, because they are formulated to be balanced for birds, should make up the bulk of your parrot's diet. We recommend that 65%-80% of your bird's diet be made up of a fortified pellet blend (such as ZuPreem FruitBlend).

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