

## Your Bird and Millet Seed

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### The Benefits of Millet

Seeds to birds can be like candies to children - most would eat them all the time if they could. But like candy, seeds are high in fat and too much fatty seed may make your bird avoid the more nutritious items ( [fruits](#) and [vegetables](#)) that you provide for him. One particular seed, [millet](#), is lower in fat and in fact, very nutritious. Millet is a grass that has

the

botanical name of *panicum miliaceum* and is one of the most nutritious grains you can give to your bird. Millet contains high levels of proteins, carbohydrates, B-complex vitamins, calcium, phosphorus and magnesium in addition to a host of other important nutrients.



The best millet you can buy is fresh spray millet, such as our [Golden Sunburst Millet](#). Fresh millet is moist and the seeds are firmly attached; many pre-packaged millets (such as those you find in grocery stores) are stored so long that they are dry and the seeds fall to the cage floor uneaten.

Keeping a sprig in your bird's cage not only provides valuable nutrients, but also keeps him occupied, and that's always a bonus! But remember, millet is a treat. And all treats combined should make up only 10% of your bird's diet.



Ultimate Millet



Drs. Foster & Smith  
Golden Sunburst Millet



Freeze-dried Fruit and  
Vegetable Treats