

Nutritious Foods That Double as Toys

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Fresh foods play an important part in your pet bird's diet. They're a good source of vitamins and minerals, and they make a significant contribution to your pet's enjoyment, interest, and "play" at eating time. Wild birds have been witnessed playing with their food, and our pet birds are not any different. The following foods double as "toys", making mealtime more fun and providing your bird good nutrition:

- [Nuts in the shell](#) - Birds love to work for the meats inside, and nuts provide essential fatty acids for healthy skin and feathers.
- [Spray millet](#) - Hang these low fat, high protein snacks in your bird's cage and watch her delight in the task of releasing each seed. Rich source of vitamins B1, B2, B3, B6, folate and K. A [Smart Millet Tray](#) with a built-in perch allows your bird easy access to millet while a wire lock prevents your bird from removing entire millet spray at once.
- [Corn on the cob](#) - [Use a Garden Kabob](#) to hang wedges of this rich carbohydrate source in the cage. Alternate with other fresh fruits and vegetables for more color. The festive presentation will pique her interest.

When serving any fresh foods, check the cage frequently and remove uneaten portions so they don't spoil and cause harm to your bird if consumed. And remember that your bird needs a variety of foods, so resist the temptation to offer her favorites over and over.



[Nuts in the Shell](#)



[Millet](#)



[Millet Tray](#)



[Garden Kabob](#)