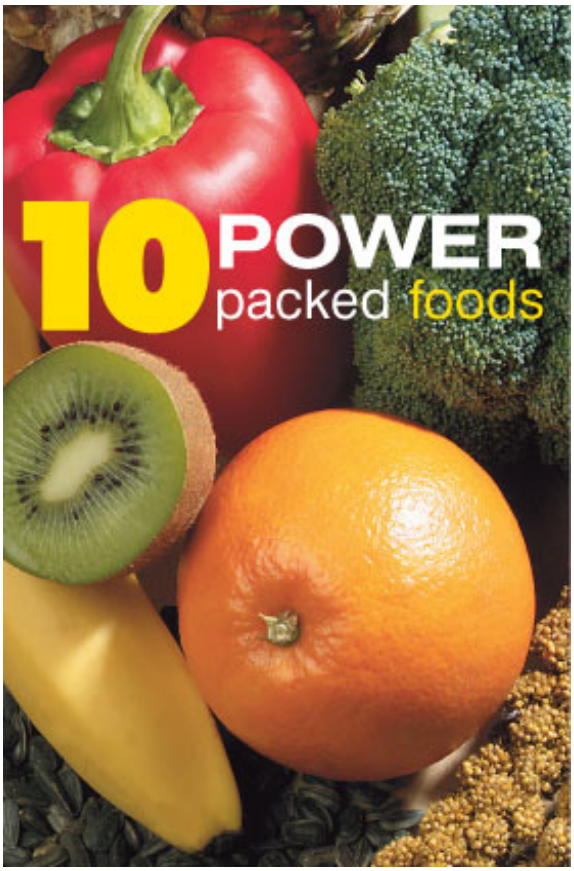
Is Your Refrigerator Hiding Some Healthy Bird Treats?

Drs. Foster & Smith Educational Staff



Fresh, raw vegetables provide a healthy alternative to sweetened, prepared snacks. So do limited amounts of fruits, grains, and nuts. Check your pantry or refrigerator for the following bird foods and give a healthy snack.

broccoli
Vitamins A and C, plus B vitamins and calcium. Good fiber, low fat.

kale
Vitamins A, C, and K, plus calcium and beta-carotene. Found in most grocery stores. Clip raw pieces to cage bars or wedge in toys.

blueberries
Vitamin C and antioxidants. Not as carbohydrate-rich as some fruits, but feed sparingly.

sweet potatoes
Calcium, Vitamins A, B, C, and E – serve small portions; they are high in starches and sugars.

carrots
Beta-carotene, Vitamins B and C, and folic acid. Slice in sticks so birds can hold like foot toys.

almonds
Lower in fat than many nuts. Feed only as an occasional treat – in shell for larger birds or in pieces for smaller birds.

papaya
Beta-carotene and fiber without the fat. Serve dried pieces in moderation due to high carb count.

red peppers
Vitamin C, beta-carotene, and fiber – plus mostly water, so low in calories.

peas
Vitamins A and C, calcium, and potassium. Serve in pod for large birds.

wheat grass
Antioxidant vitamins and minerals – grow and serve in a pot to encourage natural preening behaviors.

WE RECOMMEND

Almonds

Papaya

*Unauthorized use of any images, thumbnails, illustrations, descriptions, article content, or registered trademarks of **Foster & Smith, Inc.** is strictly prohibited under copyright law. Site content, including photography, descriptions, pricing, promotions, and availability are subject to change without notice. These restrictions are necessary in order to protect not only our copyrighted intellectual property, but also the health of pets, since articles or images that are altered or edited after download could result in misinformation that may harm companion animals, aquatic life, or native species.*

Full of the nutrition and unsaturated fats your bird needs to look and feel his best.

A vital source of Vitamin A - necessary for total nutrition.

*Unauthorized use of any images, thumbnails, illustrations, descriptions, article content, or registered trademarks of **Foster & Smith, Inc.** is strictly prohibited under copyright law. Site content, including photography, descriptions, pricing, promotions, and availability are subject to change without notice. These restrictions are necessary in order to protect not only our copyrighted intellectual property, but also the health of pets, since articles or images that are altered or edited after download could result in misinformation that may harm companion animals, aquatic life, or native species.*