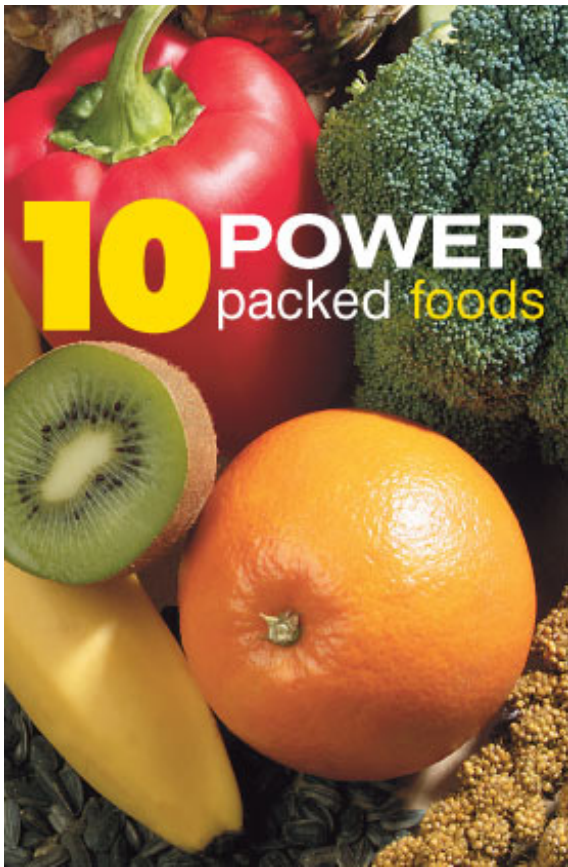


# Is Your Refrigerator Hiding Some Healthy Bird Treats?

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.

## Related Articles



Almonds



Papaya

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

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