

Change up Your Bird's Diet for Optimum Health

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optimum health CHANGE HER DIET



A healthy bird starts with a healthy diet. Good nutrition is the key to your bird's happiness and longevity. But even pellet diets aren't enough, and junk food won't cut it. In fact, many people think that they are giving their bird a treat when offering things like chips or french fries, ice cream or salty nuts. Will your bird eat them?

Sure (we like them don't we?). But are they good for your bird? No. In fact, just like us, a balanced vitamin-rich diet is absolutely critical for your bird's optimum health.

For most birds in the parrot family, we recommend that 65-80% of your bird's diet be made up of a fortified pellet blend, with vegetables making 15-30% and fruits about 5% of the diet. [Nuts](#) and [cooked diets](#) can be offered as occasional treats. The following are some of the options available for the 20-35% of your bird's diet that does not include pellets.

Fruits and Veggies

A rich source of natural vitamins and minerals, vegetables are an essential part of your bird's healthy diet. [Just Veggies](#) offers natural blend of healthy vegetables while our [Fruits & Veggies](#) offer an amazing assortment of fruits, vegetables, greens and nuts. Loaded with antioxidants like Vitamins A, C, and E as well as the B vitamins, proteins and essential fatty acids, these delicious mixes supply great variety at an affordable price. Not only do they offer bright colors, pleasing textures and varying shapes, but also a taste sensation to please the pickiest birds.

Cooking Blends

Gourmet cooking blends offer a tasty variety of whole grains, legumes, vegetables and pastas. Watch for those that deliver the maximum in diverse flavors and textures without added sweeteners, like [Pretty Bird Birdy Banquet](#). Easy-to-make cooking diets are a perfectly-balanced power meal for your bird. Simply add water and cook at home to diversify his diet and give him the treat he deserves.

Treats for Health and Fun

Birds love treats just as much as we do, but we need to be aware that not all treats are created equal. Be choosy about the treats you give to your bird to ensure their continued good health. Treats like nutritionally balanced [Parrot Biscuits](#) are full of irresistible crunch. An occasional nut can be made extra special by hiding it in a foraging toy like [Buffet Ball and Kabob](#) turning a delicious treat into a tasty reward, while at the same time encouraging your bird to keep busy. Other treats like

[Yogurt Yummies](#) offer nutrition with tasty flavors and interesting colors.

Give your bird a variety of vitamin and mineral rich foods to ensure her continued welfare and longevity. A fully fortified pellet diet offered in conjunction with vegetables, fruits, cooking blends and treats will go a long way to a happy and healthy bird.