Bird Food: Create Your Own Healthy Food Recipe

Drs. Foster & Smith Educational Staff

how to make a well-balanced bird diet

ur understanding of proper bird nutrition has come a long way in the last 30 years. We now know that a seed-only diet lacks essential vitamins and minerals key for long-term avian health. The secret, it seems, is variety – but what's the real recipe for a well-balanced bird diet?

Avian veterinarians recommend feeding your bird a variety of foods consisting of about 70% pellets, 20% fresh vegetables, and 10% seed and fruits, depending on species.

To create your own recipe, start with your bird's preferred pelleted formula, a bag of your bird's favorite Drs. Foster and Smith Fruits, and of course, a sprinkle of her favorite basic seeds. Add in the fresh vegetables and you have a great diet! To add interest, vary the way you provide the food – use foraging toys, give the seeds and fruit as a reward for good behavior or learning a new trick.

WHAT IS PELLETED FOOD?

Pelleted foods provide your bird with optimal nutrition in an easy-to-eat, easy-to-serve format. Each pellet or nugget, formulated for overall body health, contains a healthy blend of grains, seeds, vegetables, fruits, proteins, vitamins, and minerals.

WHEN'S THE BEST TIME TO FEED?

Pellets can be available at all times. Natural feeding times in wild birds are about a half hour after sunrise and again at 5-6 PM, so these would be good times to offer the fresh vegetables. Always remove any uneaten vegetables or fruit at the next feeding. Foraging toys can be left in the cage throughout the day for snacking and entertainment.

DON'T FORGET TO CHECK YOUR BIRD'S WATER!

Fresh, clean water should always be available. If a water bottle is used, the water should be changed daily and the tip should be checked daily to be sure it is working. Dehydration is a serious problem that can occur within a day or two if water is unavailable.

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