Prevent Bird Health Problems With a Balanced Diet

Drs. Foster & Smith Educational Staff

Prevent health problems with a *BALANCED DIET*

BIRDS ABSOLUTELY LOVE SEED. Many bird owners see birds' enthusiasm for seed and choose to feed seed only. While unquestionably tasty, seed-only diets provide low levels of the nutrients birds need for overall health. Plus, regular servings generally have too many calories, especially for sedentary birds. Ongoing nutrient deficiency and excessive caloric intake cause many unpleasant, ultimately dangerous problems.

Vitamin A Deficiency

Birds on seed-only diets commonly lack Vitamin A, a fat-soluble vitamin and antioxidant that helps grow and repair body tissues, as well as support the immune system. Since Vitamin A also maintains proper function of the eyes, ears, skin, bones, and mucus membranes, a deficiency is potentially disastrous. Birds lacking Vitamin A often develop secondary microbial infections, since the immune system remains weak.

Enlarged Thyroid Gland

Normally, your bird's thyroid gland uses iodine to produce several hormones. Insufficient levels of iodine cause the thyroid to stop producing hormones and enlarge. Seed-only diets, which include very little iodine, are a frequent cause.

An enlarged thyroid is particularly dangerous for birds because it places pressure on the heart, digestive system, lungs, and air sacs. This compression can eventually be fatal. To prevent thyroid enlargement and its related complications, feed a nutritionally balanced pelleted diet such as Roudybush Daily Maintenance Diet.

Obesity and related problems

Excess calories from nutritionally sparse foods can cause your bird to gain weight and suffer related health problems. High-sugar treats, as well as oversized food servings, also lead to obesity. In addition to a decreased quality of life, serious obesity-related problems include:

- **Benign fatty tumors** and yellow fatty tumors
- **Fatty liver disease** and resulting decreased liver function
- **Exercise intolerance** and difficulty breathing
- **Reproductive problems** including inability to breed or egg binding
- **Shortened life span** due to overburdened organs

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Roudybush California Blend Maintenance Diet

AvianMaintenance FruitBlends

Pelleted Diets

help prevent nutrition-related problems

In most cases, switching from a seed-only diet to a vitamin-fortified pelleted diet with vegetables, such as Roudybush California Blend Maintenance Diet, will go a long way in making your bird healthier (and slimmer). You can also serve fresh veggie snacks for 15-30% of her diet. If your bird prefers fruit flavors, try AvianMaintenance FruitBlends.

It's never too late to get your bird on a firm nutritional footing and help ensure a long, healthy life..

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