

# Bird Obesity Prevention Guide

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## Preventing Bird Obesity

Take simple steps to help keep your bird leaner and much healthier with these 10 easy ways.



**Budgies and cockatiels especially are prone to obesity and its resulting problems - fatty tumors, liver disease, exercise intolerance, difficulty breathing, reproductive problems, and ultimately a**

## 10 easy ways to banish birdie bulge

**O**besity resulting from overfeeding and lack of exercise is an extremely prevalent health problem in pet birds. Pet birds expend far less energy than their wild counterparts, and owners (often unknowingly) feed high-calorie food and treats in excessively large quantities. Take simple steps to help keep your bird leaner and much healthier.



- First, consult your veterinarian. He or she will determine the severity of your bird's obesity and help you devise a plan to make him healthier. Involve your veterinarian throughout the entire weight-loss process.
- If your bird currently eats a seed-based diet, switch him to a formulated (pelleted) diet. [Roudybush Low-Fat Diets](#) are a healthy choice. Also feed vegetables; fresh are ideal, but freeze-dried [Just Veggies](#) are great when you're short on time. For most larger pet birds, feed pelleted food as 65-80% of the diet, and vegetables as 15-30%. Offer small portions of [seed](#) and [fruit](#) occasionally as special treats.

## shortened life span.



- Place food and water at opposite ends of the cage – at different heights, if possible.
- Feed meals in a [foraging toy](#) so he'll have to work for his food.
- Do not simply restrict food; he'll be unnecessarily hungry and could suffer a vitamin or mineral deficiency.
- 6 Keep fresh water available at all times.
- Consider obtaining a larger [cage](#) to give your bird more room for exercise.
- Provide in-cage exercise opportunities. Climbing [ladders](#) and [activity centers](#) offer fun ways to get him moving – climbing, swinging, etc. A variety of toy styles accommodates birds of all sizes, preferences, and temperaments.
- Offer out-of-cage exercise whenever possible. [Play gyms](#) give him exercise and entertainment, often while closer to you. A [Flight Suit with Lanyard](#) will enhance his safety and minimize messes while he's out.
- 10 Monitor your bird throughout his weight loss. Each day, clean the cage bottom and check droppings for consistency and color. Also, weigh him weekly. A Digital Bird Scale can provide quick results, without the need for multiple veterinarian visits.