Canary Grass for Birds: The Low-fat Treat

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Canary grass (*Phalaris canariensis*) was first discovered in the Canary Islands where it is a natural food for the local bird population. The seeds are easy to open and most budgerigars (budgies) feed their chicks these seeds. Long and narrow in shape, many seed diets are made up of about 50% canary grass.

Imported to the United States and Canada in the 1970s, this natural-growing weed can be a delicious and nutritious addition to your bird's diet. It can be used for any seed-eating small birds such as canaries or parakeets.

One of the biggest benefits to canary grass is its low fat content - only 6%. Compared to higher calorie treats, we highly recommend it as a treat for pudgy parakeets or any other small bird that tends to get overweight.

Because it comes on its own stalk and is all natural, canary grass can give your bird the joy of working for his food, which provides much-needed stimulation.

If you are looking for a low-fat treat to entertain as well as to please, canary grass is an excellent choice.

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