

Millet: Stress Relief the Natural Way

Drs. Foster & Smith Educational Staff

Place a fresh [millet spray](#) in any birdcage, and take delight watching your bird devour the seeds. But millet is also nutritious - it's one of the most beneficial seeds you can offer your bird. It aids digestion, provides quality protein, and helps ease molting and breeding stress.

One of the better carbohydrates for birds, millet is highly digestible. Many grains acidify in the stomach, but millet is highly alkaline to counteract acids and digest more easily. It is also an excellent source of protein, with one of the highest amino acid profiles of all the cereal grains.

Low-fat millet supplies Vitamins B1, B2, B3, B6, folate, and vitamin K, as well as the minerals calcium, magnesium, phosphorus, copper, zinc, manganese, iron, and potassium. And because millet has a high concentration of B vitamins, it's also a natural stress-reliever for your bird. It's great for breeding and molting, a weekly treat, or in small quantities during weaning.

