

Suffolk Exotic Vets

Veterinary services in East Anglia
with a love of all things exotic

DR CATHERINE THOMAS
BVM&S, MRCVS, CERTAVP(ZM)
SUFFOLK EXOTIC VETS
POUND CORNER
BLACKSMITH CLOSE
WANGFORD
BECCLES
SUFFOLK
NR34 8RS

Parrot Nutrition - Seeds vs. Pellets

In general, pellets provide a much better quality of nutrition for parrots than a seed mix diet does!

Seed mixes are often made up of seeds which have been rejected from the human food chain for some reason; so are not usually a good quality grade of food. These types of diet are also usually also stored inappropriately; so may contain fungal spores or other forms of contamination, which birds are very sensitive to. Seed diets are also usually high in fat and deficient in essential vitamins and minerals. Particularly those containing sunflower seeds. Sunflower seeds are extremely unhealthy for birds.

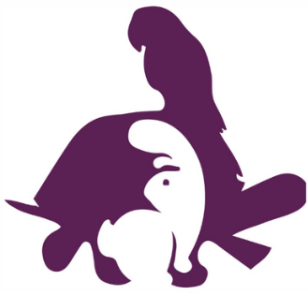
Many birds will selectively feed when fed on a seed diet. This means they will pick out the bits they like and leave the other bits. This is like providing a child with a buffet table of healthy and unhealthy foods and expecting them to choose a healthy meal. With pelleted food they don't have the option to selectively feed!

My favorite pellet bird food is Harrison's. Harrison's food was created by a well respected avian vet and is designed to provide birds with a fully balanced healthy diet. All of the ingredients in Harrison's are 100% organic and of premium quality. It is recommended by many leading avian vets. A good quality diet like Harrison's will have benefits for your bird's skin, respiratory system, digestive system, reproductive system and behavior. Find out more at <https://www.hbf-uk.co.uk/>



It's not always easy to convert a seed loving bird onto pellets! Take a look here to find some tips on how to convert them and also a guide to which type of Harrison's food is best for your bird:
<https://www.hbf-uk.co.uk/using-harrisons-foods/conversion-advice>

If you really can't get your bird to accept Harrison's bird food then Lafeber makes good quality seed products which are top quality and nutritionally balanced. We find that the nutriberries and avicakes are a great alternative or conversion tool, as they have healthy seeds and pellets!
<http://lafeber.com/pet-birds/bird-food-and-nutrition-products-2/>



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What else can I feed my bird?

It is also important to supplement any pellet or seed diet with a good selection of fruit and vegetables. Some good healthy fruit and veg to feed are listed below:

- ★ Broccoli
- ★ Cabbage
- ★ Capsicum peppers
- ★ Chillies
- ★ Dandelion leaves
- ★ Carrots
- ★ Green beans
- ★ Pumpkin
- ★ Sweetcorn
- ★ Kale
- ★ Spinach
- ★ Pomegranates
- ★ Berries
- ★ Apples
- ★ Pears
- ★ Oranges
- ★ Cranberries
- ★ Mango
- ★ Papaya
- ★ Nuts (particularly almonds, but avoid peanuts)

What should I not give my bird?

There are some foods which are toxic to birds and some which are just very unhealthy:

- Anything fatty, greasy or salty
- Meat or bones
- Fresh tomatoes (they are too acidic)
- Mushrooms (can cause digestive problems)
- Onions and garlic (toxic, causing damage to blood cells)
- Avocados (contains a toxin called persin)
- Chocolate (contains theobromine which is toxic to birds)
- Caffeine
- Rhubarb leaves
- Alcohol