

Your Parrot's Diet: Keeping Them Healthy and Happy



Foods to avoid: Some foods are on the do-not-feed list. These include:

- High-fat junk food (potato chips, doughnuts, etc.)
- Avocado (guacamole)
- Chocolate
- Alcohol or caffeine
- Fruit pits
- Persimmons
- Table salt
- Onions
- Apple seeds
- Mushrooms

Even for seed-eating birds, seeds alone are not a proper diet. The best diet for most seed-eating birds consists of formulated diets (such as pelleted foods), vegetables, small amounts of fruit, and an occasional treat.

Pellet Diets: The food is a blend of grains, seeds, vegetables, fruits, and various types of proteins, as well as additional vitamins and minerals.

This formulated diet may be in the form of pellets, crumbles, or nuggets. Unlike a seed mixture, the bird cannot select particular components out of a formulated diet, so nutritional imbalances are much less likely to occur.

You can feed your parrot whichever pellets you prefer, but be sure to select one appropriate for your bird.

We feed all our parrots awaiting adoption Zupreem Natural Pellets (Pictured to the right).

The smaller birds get the Medium Pellets and the Larger parrots get either the Medium Large or Large. We sell all the sizes in our Avian Warehouse.



For most species, pelleted food should be 65-80% of the diet. Vegetables should make up 15-30%, and the remainder can be seeds and fruits.



Adding Variety and Appeal: Birds decide what to eat by sight, texture, and taste. Offer a wide variety of vegetables and fruit to provide a balanced diet.

Keep them in as natural a state as possible and be creative when preparing meals. Hang food from the cage top or sides, weave food into the bars of the cage, or stuff food in the spaces of toys. As an example, for larger birds, feed corn on the cob rather than feeding kernels of corn in a dish. This will help entertain the bird as well as provide physical and mental stimulation.

Vegetables and Fruits: Vegetables are a good source of vitamins, minerals, and carbohydrates, and should comprise 15-30% of the diet. Fruits, which are higher in sugar and moisture, should comprise about 5%. It is best to provide a variety of vegetables and fruit. The following table lists good choices of vegetables and fruits for Psittacines.

Nutritious Additions to a Psittacine Diet	
Vegetables	Fruits
<ul style="list-style-type: none"> • Radishes • Turnips • Carrots (root and tops) • Cooked sweet potatoes • Radicchio • Endive • Mustard & dandelion greens • Swiss Chard • Kale • Parsley • Cooked red potatoes • Green beans • Tomato • Sweet red & green, and other types of peppers • Cauliflower • Broccoli (head and leaves) • Beet & turnip greens • Eggplant • Kohlrabi • Sugar snap or snow peas • Squash (peeled & steamed) • Red beets (peeled) • Romaine or green/red leaf lettuce • Collard greens • Corn • Cucumber 	<ul style="list-style-type: none"> • Apples • Berries • Kiwi • Mango • Cantaloupe • Honeydew • Pineapple • Cherries • Cranberries • Banana • Pears • Peaches • Oranges • Pomegranate • Tangerines • Star fruit • Grapefruit • Papaya • Plums • Grapes • Apricots

Hygiene: Dishes should be [washed daily](#) in hot soapy water. No food should remain in the cage for longer than 24 hours, as the risk of fecal contamination or spoiling is high.

Water: Fresh, clean water should always be available. If a water bottle is used, the water should be changed daily and the tip should be checked daily to be sure it is working. Dehydration is a serious problem that can occur within a day or two if water is unavailable. If you are switching your bird from a water dish to a water bottle, make sure your bird knows how to use the bottle before removing the dish.

Note: *It may take time for your parrot to branch out and try new foods, especially if they have never had fresh items, etc. Don't be discouraged and just keep offering the new food. Just like humans, each parrot has different tastes and may or may not like the same foods as another parrot.*

Try eating the new food with your parrot, so that they can see how much you enjoy it (even if you don't). They will be more interested in eating something that you are eating, too. When in doubt, use positive reinforcement when your parrot tries or shows interest in something new.