



THE BIRD CLINIC VETERINARY CORPORATION

THE "4" NUTRIENT GROUPS FOR PROPER AVIAN NUTRITION

Proteins:

Eggs (White with yolk should be scrambled or hard boiled and grated)
Cooked Chicken (Give small individual pieces or can be given on the bone for larger birds)
Cooked Legumes (Lima beans, Lentils, Pinto, Kidney 15-bean soup, etc.)
Soy Products (Monitor closely – many birds have experienced digestive problems with tofu)
NO red meat or pork. (Meat is *too high* in phosphorous. Ca:PO₄ = 1:20).
NO shellfish (Contains potential toxins).

Carbohydrates:

Cooked Pasta (With or without sauce)
Cooked Rice (White or wild)
Cooked Potatoes (Mashed or chopped)

(ALL vegetables are primarily carbohydrates, but will be listed under vitamin/mineral sources)

Fat Sources:

Seed Mixtures dependent on species of bird (No Sunflower in adults - very high in Fat)
Nuts (Very High fat. Use dependent on species of bird)
Corn (A high % vegetable fat)
NO Cheese or dairy products. Birds *cannot* break down lactose and it can cause obstructive disorders or inflammation.

Vitamins / Minerals:

You could write a book on all the vitamins and minerals a body needs and the sources of foods in which to find them. Two of the biggest deficiencies facing exotic bird species:

Vitamin A: Please see Vitamin A handout

Calcium: Please see Calcium handout

This is a summary of the main food groups that need to be given to an exotic bird each day of his/her life. The examples above are in no way an exhaustive list, but one to demonstrate how close avian nutrition is to human nutrition. Modern commercial diets incorporate all these nutrient groups in a balance derived by research and feeding trials. Please ask for species-specific recommendations. A good balanced diet can extend the life of a bird by 50% compared to a diet of only seeds and nuts!

This publication is part of The BIRD C News™ series to help educate bird owners. Produced by The BIRD Clinic Veterinary Corporation
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