



# THE BIRD CLINIC VETERINARY CORPORATION

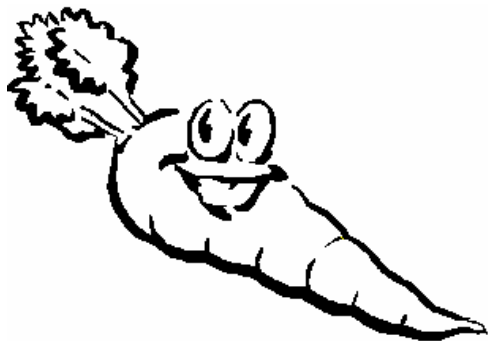
## Vitamin "A" Foods

CARROTS	28.12	CANTALOUPE	3.23
SWEET POTATOES, BAKED	21.82	LETTUCE, ROMAINE	2.60
SWEET POTATOES, BOILED	17.05	PERSIMMON	2.17
SWEET POTATOES, CANNED	15.07	PAPAYA	2.01
JALAPENO PEPPERS	10.75	BROCCOLI	1.55
KALE	8.87	PUMPKIN, FRESH COOKED	1.08
SPINACH	8.00	GREEN PEAS	0.92
CHARD	7.19	ASPARAGUS	0.91
DANDELION GREENS	7.00	GREEN SNAP BEANS	0.67
SQUASH, BUTTERNUT	7.00	PEPPERS, SWEET GREEN	0.54
PEPPERS, SWEET RED	5.70	SQUASH, ACORN BAKED	0.43
MANGO	3.89	SQUASH, ZUCCHINI	0.43
COLLARD GREENS	3.33	SQUASH, ACORN, BOILED	0.43

Units are given in RE (Retinol Equivalents) per Gram of food  
Thoroughly wash ALL Fruits and Vegetables

Vitamin A found in the above products is *one of the most common deficiencies in Pet Bird Medicine*, especially in South American species (Amazons, Conures, Macaws). At least one of these foods should be fed to your pet bird EVERY DAY. Remember, birds can discern color and texture, as well as taste, so changing the form and presentation of the food can make a big difference in whether the bird will or will not accept the new food. There is an instinctive fear of new foods, especially in older birds. This is a protective mechanism against being poisoned in the wild, so offer new foods often and in the same manner before attempting a new method. Alternative

methods to try are hanging the food on the side of the cage or preparing foods in different ways, such as peeled or unpeeled, cooked or raw, and placing multiple foods on the same dish (smorgasbord). Most birds usually take upwards of 2 weeks seeing a new food every day before first investigating and/or playing with the food and then actually trying to eat it. Above all.....



**BE PATIENT WITH YOUR PET BIRD  
WHEN IT COMES TO NEW FOODS!!**

*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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