



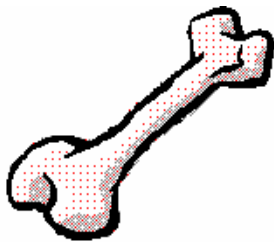
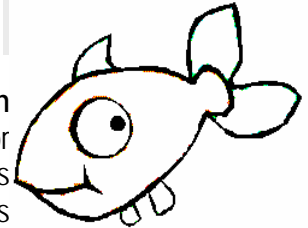
# THE BIRD CLINIC VETERINARY CORPORATION

## Calcium Foods

Good Sources		Poor Sources	
	<u>Ca : P</u>		<u>Ca : P</u>
TURNIP GREENS	7.1 : 1	CORN	1 : 12.9
CABBAGE (GREEN LEAVES)	5.9 : 1	MUSHROOM	1 : 6.9
CHINESE CABBAGE	5.0 : 1	PEAS	1 : 4.5
BROCCOLI LEAVES	3.8 : 1	BRUSSELS SPROUTS	1 : 4.5
MUSTARD GREENS	3.4 : 1	BANANAS	1 : 3.1
WATERCRESS	3.3 : 1	PINEAPPLE	1 : 2.9
KOHLRABI	3.3 : 1	EGGPLANT	1 : 2.8
CHARD	3.0 : 1	TOMATO	1 : 2.6
BROCCOLI STEM	2.5 : 1	ASPARAGUS	1 : 2.5
BEET GREENS	2.5 : 1	SWEET POTATO (COOKED)	1 : 2.4
COLLARDS (COOKED)	2.5 : 1	LETTUCE (ICEBERG)	1 : 2.4
DANDELION GREENS	2.5 : 1	PUMPKIN	1 : 2.2
ENDIVE	2.5 : 1	CUCUMBER	1 : 2.1
KALE	2.5 : 1	PEACHES	1 : 1.9
YAMS	1.0 : 1	GRAPES	1 : 1.8

Each source is shown with its Calcium: Phosphorus ratio  
Thoroughly wash ALL Fruits and Vegetables

Calcium is the predominant mineral in the body and yet is the **most common mineral deficiency** found in pet bird medicine. Calcium is used by the bird for bone formation, blood clotting, and egg shell production. Calcium also affects heart, muscle, and nerve function as well as enzyme systems in the body. As expected, most of the calcium is stored in the bird's skeleton. All birds are susceptible to long term deficiencies if fed inadequate diets. "Grit" sold in the pet trade is not a noun to describe a specific product, but only an *adjective* describing various products sold. **DO NOT FEED YOUR BIRD GRIT!** A safe source of calcium for smaller species is the backbone from the cuttlefish "cuttlebone", mineral blocks, or ground oyster shell. Larger species can be offered cooked chicken bones or mineral blocks.



Some birds, such as Conures and African Grey parrots, are more sensitive to calcium deficiency, but do not need extra supplementation if placed on a well-balanced or commercially formulated diet. Also, like humans, as some birds age their calcium demand increases. The foods listed in the table are only to be used as an indicator of Ca: P supply, however **NO** single food is bad when evaluated in an entire dietary management program created by you and your avian veterinarian.

**ALWAYS OFFER YOUR BIRD A CALCIUM SOURCE!!**

*This publication is part of The BIRD C News™ series to help educate bird owners. Produced by The BIRD Clinic Veterinary Corporation 2525 N. Grand Avenue, Suite R, Santa Ana, CA 92705. 714-633-2910. [www.thebirdclinic.net](http://www.thebirdclinic.net) May be reproduced with permission only. Revised 6/03*