



THE BIRD CLINIC VETERINARY CORPORATION

THE “4” NUTRIENT GROUPS FOR PROPER AVIAN NUTRITION

These groups of foods does not necessarily mean they are healthy or necessary for your pet bird, but are listed to illustrate what main nutrient group each of the listed foods fall into.

Proteins:

Eggs	(White with yolk should be scrambled or hard boiled and grated. HIGH Cholesterol)
Cooked Chicken	(Small individual pieces and only fresh, not reheated as can be dangerous)
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 <i>too high</i> in phosphorous. Ca:PO ₄ = 1:20).
NO shellfish	(Contains potential toxins). Swimming fish ok (salmon, tuna, trout, etc)

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 bird species	(No Sunflower - Very high in Fat and Estrogenic)
Nuts	(Very High fat, inadequate protein. Very limited/no use, dependent on species of bird)
Corn	(A high % vegetable fat as well as carbohydrates)

NO Cheese or dairy products. Birds cannot break down lactose and it can cause obstructive disorders and / or inflammatory bowel disease.

Vitamins / Minerals:

One 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 on seed diets:

Vitamin A: Please see the Vitamin A handout (www.thebirdclinic.com/Bird_Clinic_Handouts.htm)

Calcium: Please see Calcium handout on line (www.thebirdclinic.com/Bird_Clinic_Handouts.htm)

The four main nutrient groups 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 are to demonstrate how close avian nutrition is to human nutrition. The **BIRD Clinic recommends a modern commercial pelleted diet which incorporates all the nutrient groups in a balance derived from 30+ years of research.** Please ask for species-specific recommendations. A good balanced diet can extend the life of your pet bird by 50% compared to a diet of mainly seeds and nuts!

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