



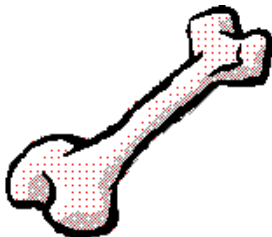
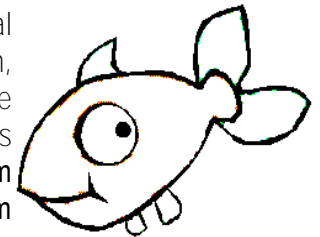
# The BIRD Clinic VETERINARY CORPORATION

## Vegetable Calcium Sources

Good Sources		Poor Sources	
	<u>Ca : P</u>	<u>Ca : P</u>	
TURNIP GREENS	7.1 : 1	CORN (very fattening)	1 : 12.9
CABBAGE (GREEN LEAVES)	5.9 : 1	MUSHROOM	1 : 6.9
CHINESE CABBAGE	5.0 : 1	PEAS	1 : 4.5
<b>BROCCOLI LEAVES</b>	3.8 : 1	BRUSSELS SPROUTS	1 : 4.5
MUSTARD GREENS	3.4 : 1	BANANAS	1 : 3.1
WATERCRESS	3.3 : 1	PINEAPPLE ( <b>DO NOT feed</b> )	1 : 2.9
KOHLRABI	3.3 : 1	EGGPLANT	1 : 2.8
<b>BROCCOLI STEM</b>	2.5 : 1	TOMATO ( <b>DO NOT feed</b> )	1 : 2.6
COLLARDS (COOKED)	2.5 : 1	ASPARAGUS	1 : 2.5
DANDELION GREENS	2.5 : 1	SWEET POTATO (COOKED)	1 : 2.4
ENDIVE	2.5 : 1	LETTUCE (ICEBERG)	1 : 2.4
<b>KALE</b>	2.5 : 1	PUMPKIN	1 : 2.2
<b>YAMS</b>	1.0 : 1	CUCUMBER	1 : 2.1

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. An overall diet should supply a 1:1 to 2:1 ration of calcium to phosphorus. If the diet has too much phosphorus, the body must use it's own calcium to bind to it to remove it from the body through the kidneys. All birds are extremely susceptible to long term deficiencies if fed inadequate (seed/nut/fruit) diets. "Grit" sold in the pet trade is not a noun to describe a specific product, but only an *adjective* describing various products sold. PLEASE DO NOT FEED YOUR BIRD GRIT! A safe source of calcium for smaller species is the foods in BOLD in the table above, the backbone from the cuttlefish "cuttlebone", or a mineral block. Larger species can be offered foods on the left side of the table or mineral blocks as well. Some birds, Conures and African Grey parrots, are more sensitive to calcium deficiency, but do not need extra supplementation if placed on a well-balanced commercially formulated diet. Also, like humans, as 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 PET 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 200 S. Tustin St, Suite E, Orange, CA 92866. 714-633-2910. [www.thebirdclinic.com](http://www.thebirdclinic.com) May be reproduced with written permission only.

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