



## The BIRD Clinic VETERINARY CORPORATION

### \* Vitamin "A" Foods \*

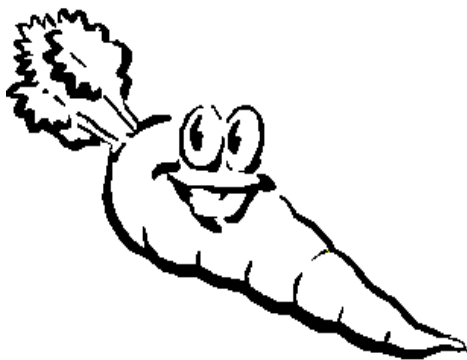
CARROTS	28.12	CANTALOUPE	3.23
SWEET POTATOES, BAKED	21.82	LETTUCE, ROMAINE	2.60
SWEET POTATOES, BOILED	17.05	PERSIMMON	2.17
SWEET POTATOES, CANNED	15.07	PAPAYA	2.01
JALAPENO PEPPERS	10.75	BROCCOLI	1.55
KALE	8.87	PUMPKIN, FRESH COOKED	1.08
SPINACH (seldom - oxalates)	8.00	GREEN PEAS	0.92
DANDELION GREENS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

Units are given in RE (Retinol Equivalentents) 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) and African Grey Parrots. One of these foods should be fed to your pet bird EVERY DAY. Remember, birds can discern color and texture so changing the form and presentation of the food can make a big difference in whether the bird will or will not accept a 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. An alternative method of offering new food is hanging the food on the side of the cage, preparing the food in a different way, such as peeled or unpeeled, cooked versus raw, or placing



multiple foods on the same dish (smorgasbord). Most birds usually will take upwards of 2 weeks or more seeing a new food every day before first investigating and/or playing with the food and then finally actually trying to eat it. Above all.....



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