

# Fruit and veg for your feathery friend

It is suggested that a selection of fruits and vegetables be fed to your bird every day. They are a good source of carbohydrates, vitamins and minerals.

We recommend that 15 -30% of the diet should be fruits and vegetables. There will be some specific species differences and preferences. Dark, leafy greens, and yellow and red fruits and vegetables have the best nutritional value.

Although frozen-thawed or canned are acceptable, fresh, washed fruits and vegetables are the most nutritious. Cooking can also rob the food of some of its nutritious value. Remember to rinse canned food well as they are packed in a lot of salt. Do not cut them into smaller pieces as larger pieces of food will give the bird something to do. Eating can be great entertainment and enrichment as well. Vary the selection continuously and try to avoid feeding the same thing every day.

Foods to be avoided include Avocado, chocolate, caffeine, salt, artificial sugars, mushrooms/fungi, stone fruit pits (see additional handout). Iceberg or head lettuce is not recommended, as it is mostly water and has little nutritional value.

Because of the high-water content of fruits and vegetables it can sometimes cause "diarrhoea". What you are witnessing is an increased urine output/polyuria, which is normal with high moisture consumption. Polyuria can represent certain disease processes as well, so if you are concerned check with your veterinarian.

## Added tips:

- Always monitor the amount of food eaten every day by each bird.
- Offer fresh water every day.
- Offer a variety of fresh fruits and vegetables every day
- It is better to offer a small piece of many different food items than a big piece of one food item
- If your bird is particularly fond of one food, consider feeding less of it to encourage the consumption of other foods items



- Wash all fruits and vegetables as if eating them yourself – be careful of pesticides
- Clean all food and water dishes daily.
- NEVER place food on the bottom of the cage, this is where the bird defecates!
- No to a food item one day does not mean no forever - **KEEP TRYING!**

## Some suggested food items include:

alfalfa	cherries (not the pit)	parsnip
apple	Chinese vegetables (bok choy)	peaches
apricots	coriander	pear
asparagus	coconut	peas
banana	corn	peppers (red/green & hot)
beans (cooked)	cucumber	persimmons
such as:	dandelion leaves/flower	pineapple
chick peas	dates	plum
kidney	fig	pomegranate
lentils	grapes	potato
lima	grapefruit	pumpkin
mung	kale	rapini
navy	kiwi	raspberry
soy	lemon	rice (brown)
beet	melons	romaine lettuce
blackberries	mango	spinach
blueberry	mustard greens	sprouted seeds
broccoli	nectarines	squash
brussels sprouts	orange	strawberry
cabbage	papaya	sweet potato
carrot + tops	parsley (in moderation)	tomato
		turnip
		zucchini

