



Healthy Shopping Guide for Birds

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Listed below are some nutritious foods for you to incorporate into your pet's diet. Nutrition plays a major role in the health and longevity of any animal. Keep in mind that *moderation* and *variety* are keys to offering a complete, well-balanced diet.



Vegetables

Kale
Mustard greens
Green/Red leaf lettuce
Dandelion greens
Parsley
Broccoli and Broccoli leaves
Swiss Chard
Romaine lettuce
Collard greens
Carrot tops
Carrots
Celery
Sweet Potato/Yam
Radishes
Green/Yellow/Orange/Red bell peppers
Corn
Various peppers
Green beans
Snow peas
Zucchini
Cauliflower
Cucumber

Fruit

Apples
Oranges
Grapes
Banana
Peaches
Various Berries
Tangerine
Mango
Papaya
Apricot

****Remove pits/apple seeds from fruit**

****Fruits should comprise less than 10% of the diet
Veggies should comprise about 25-40% of the diet
Pellets should comprise about 50-75% of the diet**

****Avocados are poisonous to birds, do not feed!**

