

A balanced Diet for Parrots

PARROTS ENJOY A VARIED DIET

In the wild they eat different fruits and seeds. For pet birds commercially formulated diets, such as pellets and good quality seed mixes, will provide nutrients including vitamins and minerals. Make sure to provide foraging experience and stimulation, with the addition of vegetables and occasional treats.

FRESH VEGETABLES

Low energy-density, fresh produce items are a great supplement as well as providing stimulation and foraging opportunities. Dark green, leafy vegetables are particularly good for their vitamin and mineral content. Examples include spinach, celery, carrots, beetroot, peas, beans and lightly cooked corn on the cob.

HEALTHY TREATS

Giving healthy treats, occasionally and in small amounts, can be great for bonding between owner and pet. Small pieces of fruits such as apples, grapes, pears and bananas and commercial treats with no added sugar are suitable.

Fresh Drinking Water should always be available



Do not feed your parrot with scraps from the table such as salty and sugary human foods. Never feed

Avocado, mushroom, tulip, sweet pea and sage. Please visit Parrot Society's website for a list of other foods to avoid:
www.theparrotsocietyuk.org/veterinary-advice/poisons-and-parrots



Always monitor your parrot's body condition score to make sure they are not overweight or underweight.

You can use the PFMA Bird-Size-0-meter.

For more information on pet birds please visit
www.pfma.org.uk/indoor-birds

