



## Canadian Avian Society

Calgary, Alberta

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# Bird Nutrition Guide

## 1. Introduction

A healthy diet is one of the most important parts of bird care. Proper nutrition supports energy, feather quality, and long-term wellbeing.

## 2. Core Diet Components

- High-quality pellets should make up a significant portion of the diet.
- Fresh vegetables such as leafy greens, carrots, peppers, and squash are recommended daily.
- Fresh fruits may be given in moderation.
- Seeds should be offered sparingly, except for species that require higher seed intake.

## 3. Safe Foods

- Leafy greens: kale, romaine, bok choy
- Vegetables: carrots, peas, corn, zucchini, sweet potato
- Fruits: apples (without seeds), berries, melon
- Grains: cooked quinoa, brown rice, oats
- Legumes: cooked lentils and beans

## 4. Unsafe Foods

- Avocado
- Chocolate
- Caffeine
- Alcohol
- Onions and garlic
- Foods high in salt, sugar, or fat

## 5. Water & Hydration

Provide fresh, clean water daily. Use shallow, stable dishes and clean them regularly to prevent bacterial growth.

## **6. Supplements**

Most birds on a pellet-based diet do not require supplements. Consult an avian veterinarian before adding vitamins or minerals.

## **7. Diet Transitioning**

Introduce new foods slowly. Mix small amounts into familiar foods and increase gradually. Patience helps birds accept healthier options.

## **8. When to Seek Help**

Contact an avian veterinarian if a bird shows appetite loss, changes in droppings, or sudden weight changes.

### **Contact**

Questions about nutrition: [info@canadianaviansociety.ca](mailto:info@canadianaviansociety.ca)

