



Canadian Avian Society

Calgary, Alberta

www.canadianaviansociety.ca

info@canadianaviansociety.ca

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

