

FOODS TO AVOID:

- Alcohol of any kind (deadly);
- Carbonated soft drinks;
- Avocado, raw onion, rhubarb
- Chocolate
- Caffeine, in any form
- Processed meats or ANY food containing nitrates, sulfites or MSG.
- Chemical dyes (includes some pellets)
- Processed sugars and flours. Avoid commercial mixes with additives.
- Peanuts not recommended -- may be contaminated with aspergillus and they produce a carcinogen called aflatoxin.
- Cow's milk (avian digestive systems do not digest lactose, as differentiated from lactase in yogurt)
- Other processed foods, especially fast foods, high carb foods and ANY with high fructose corn syrup.

YOU ARE WHAT YOU EAT!

SPROUTING. One very nutritious way for a parrot to eat "seeds" is by sprouting. Not only are sprouts super rich in live enzymes, as living plants, but sprouts can also be one of the least expensive, organic foods available. Grains and legumes can be bought in bulk or on-line. They are easy to grow, and best of all, uncontaminated by pesticides and other chemicals when we grow them ourselves. In addition, many birds will eat sprouts readily with no hesitation. This is a living food with a short shelf life, and will spoil quickly if not attended to properly.

SOAKING. Many grains can be soaked,

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which in essence brings them to "life." For a meal, soak a small amount (as needed for one or two feedings) for 10-12 hours. The little birds especially enjoy soaked grains. Try these for the best results: oat groats, kamut, brown rice, millet, unhulled barley, rye, spelt or buckwheat.

- Make every ingredient a healthy one
- Stay away from processed foods, dyes, pesticides
- Boost the immune system with food
- **Watch what your bird eats, not just what you provide**
- Try different approaches: chopped, chunked, mashed, casserole, warm, cold, simple, complicated, raw, cooked...
- Good food doesn't have to be hard (chop in advance, freeze, soak grains)
- Good food doesn't have to be expensive (bulk grains and legumes, sprouts, etc...)

FOOD GROUPS and COMBOS

If you are away at work for long hours, only leave fresh raw foods. One approach is to provide pellets and an assortment of fruits, veggies, sprouts and birdie bread in the morning. The evening is a perfect time to share a cooked meal. Be creative by combining ingredients from different food groups. Many recipes can be cooked in advance and stored in the refrigerator or freezer for future use. Many birds may appreciate chunks they can pick up and manipulate; smaller birds may prefer everything chopped up in small pieces. For picky birds, blend the items together into a "mash" so they are sure to eat the good things too.

Check out our Nourish to Flourish cookbook.

NOURISH TO FLOURISH

Healthy Foods for Parrots

Published by Phoenix Landing

IMPORTANT FOOD GROUPS

VEGETABLES: Dark green and orange veggies are especially nutritious, and good for Vitamin A. Corn is mostly starch.

FRUIT: Tropical fruits have more nutrition (papaya, mango, pomegranate, pineapple, melon). Grapes are mainly sugar.

GRAINS: Grains can be fed dry, soaked, sprouted or cooked. Sprouts are especially nutritious. Healthy grains include quinoa, buckwheat, groats, brown rice, kamut, spelt, rye, unhulled barley, couscous, oats.

LEGUMES: Legumes should not be fed dry. Fully sprout or cook. Most recommended are: mung, adzuki, garbanzo, green pea, and lentil. Legumes are a natural "seed" packed with enzymes.

PROTEIN, NUTS, SEEDS: Needs vary by species. Protein includes limited amounts of eggs and fish. Other animal protein not recommended.

ESSENTIAL FATTY ACIDS (Omega 3!!): Flax seed or flax oil. Pumpkin seeds and walnuts are also good sources.

PELLETS: Look for pellets with organic ingredients. Not recommended as the only diet for small birds.

Nutrients are most available when food is fresh & whole. Go organic when possible! **VARIETY** is the key, and is essential for **PHYSICAL** and **MENTAL** health and enrichment.

PUMPKIN BIRDIE BREAD

A birdie bread without the need for wheat! Most birds love it and EVERY ingredient is healthy.

- 1 egg
- 4 oz. snack cup of organic applesauce, any flavor (a healthy substitute for oil)
- Small 15-oz can of organic pumpkin
- Teaspoon of cinnamon, (or pumpkin with spice already included)
- 2 cups oat and/or garbanzo bean flour (Bob's Red Mill one of our favorites)
- ½ cup ground nuts and unsulphured dried fruits, optional

Stir all ingredients together. Scoop into a cast iron skillet. Bake at 350 degrees until completely cooked through, about 45 -50 minutes. Use a toothpick to test doneness. You can also form into balls or make cookies with this batter, if preferred.

This recipe is a big hit with almost all birds, and pumpkin is a very good source of vitamin A. Just remember to make EVERY ingredient a healthy one, and avoid those quick mix cornbread products!!

- Use portions of other flours such as almond, wheat, quinoa, coconut, buckwheat, corn, amaranth etc. Add other ingredients as desired.

THE LANDING MASH

- 1 cup brown rice, cook as directed
- 1 cup kamut. Cook for only 30 minutes, birds enjoy it crunchy! While cooking, add some turmeric for liver support and cinnamon sticks.
- 1 cup quinoa, cook as directed
- 1 butternut squash and/or sweet

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potato cut into 1/2" cubes (or other winter squashes), steamed or cooked

- 16 oz. package organic frozen mixed veggies (peas, corn, carrots, edamame)
- Any variety of fresh greens, finely pulsed in a food processor (kale, collard, mustard greens...). Keep as dry as possible
- Shredded carrots, pulsed very finely
- Broccoli, pulsed very finely
- 1 cup pepitas (raw pumpkin seeds)
- 1 can+ garbanzo beans, drained
- 1 cup+ dry rolled oats (oatmeal), to soak up moisture
- Other possibilities included shredded coconut, slivered almonds, chopped dried apricots, cherries, cranberries, blueberries etc. (Any dried fruit should be unsulphured, with no processed sugar).

If you don't have much freezer space, or only a small number of birds to feed, proportionally reduce these quantities.

Stir everything together in a SUPER-sized mixing bowl. Divide into storage containers. Freeze in 2-3 day portion sizes. As you are part way through one container, take the next out of the freezer to start defrosting.

If your bird is reluctant to eat a mash, find the ingredient that is their favorite, and put extra amounts to pique their initial interest; or sprinkle their favorite food on top just to get them started, even a few seeds. After they are eating the mash regularly, you can

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change the proportions to ensure that they are eating the variety intended.

Benefits to feeding a MASH:

* You can hide things a bird might not eat otherwise by chopping it very small.
* For convenience, you can make large batches, and freeze it in portions.
* Mashers allow you to be creative, adding more or less of certain things to meet your bird's needs.

* Most importantly, you can cover all the important food groups in one recipe, knowing that your bird will probably be eating the variety needed for a complete meal.



EGG PANCAKE

- Melt a small amount of coconut oil in a small cast iron skillet. Add a beaten egg(s) to the skillet.
 - Add chopped greens (kale, collard or dandelion, broccoli...) for extra nutrition.
 - Sprinkle condiments like cayenne, celery seed, unhulled sesame seeds.
 - Wait till the egg is completely cooked on one side, so you can easily flip it over and cook it briefly on the other side.
 - Cool, lift out of pan, and cut into bite size pieces. Extra can be stored for 1 - 2 days.
- Most birds love eggs and may need protein if they are not eating healthy pellets. Feed in moderation, however, since birds do not eat much animal protein in the wild.