



**Daily Diet** - Each of the following mixtures have been created with much consideration given to the health and nutritional needs of the birds.

Fresh Food Mix - Mixed with "Frozen Mix" (see below) and served once daily.

**Staple Ingredients**

- Red Palm Oil *Best known source of Vitamin "A" RPO can be used on dry or wet food.*
- Red Peppers (*Green and Yellow are ok too*) (*run through the processor until small*) *Great source of Vitamin "A"*
- Bean Sprouts *you can sprout them yourself! Check out [www.wheatgrasskits.com](http://www.wheatgrasskits.com)*  
*Celery (run through the processor until small)*
- Dandelion Leaves (*run through the processor until small*)
- Flax Seed (*mix  $\frac{1}{2}$  teaspoon in with fresh mix twice a week*)
- Calcium Supplement if needed. *Scrape from cuttlebone twice weekly or as directed by your veterinarian.*

**Alternate/Seasonal Additions**

*All of these additional ingredients need to be made small enough for the birds. Please process until desired size. E-mail me if you have other suggestions!*

- Pumpkin
- Radishes
- Parsnips
- Broccoli leaves
- Kale , occasionally is fine, but just like spinach, kale is an oxalate, use sparingly.
- Collards

Frozen Food Mix - *Cook/Prepare the following foods and freeze it in bags for daily use. Reheat the mix and serve it with the fresh daily mix.*

- Sweet Potato
- Brown Rice
- Green Beans
- Chicken (cooked in Red Palm Oil and ground thoroughly in food processor) *If your parrot has high cholesterol or fatty liver disease, please use sparingly.*
- Mixed Beans (Garbanzo, Black, Lentil, Mung, Azuki) *Try to limit white beans since they tend to have a higher sugar content.*

Evening Cage Mix - *This goes in the birds cages in case they get hungry in between feedings or overnight. For added Vitamin A, you can mix these ingredients in with red palm oil. (the oil will not spoil and can be left for the duration of the time the food is in the birds cages.*

- Nutri-berries (*garden or plain*) *put one or two in bird bowls, do not overload.*
- Zupreem Fruit Blend *I give this brand of pellets to "picky & fussy" eaters, the ones that do not like pellets, usually eat this type. If you are still having problems with converting your bird to pellets, try soaking the colored pellets in warm water and then serving them to your bird.*

- **Roudybush Rice Diet** *I give this type pellet to all overweight birds and also birds that seem to pick more when they eat pellets. Some pellet brands have allergens, namely corn or wheat. Rice pellets help with hypersensitivity of suspected allergens. Also, rice pellets being less fat, are a good choice for that overweight bird.*
- **Harrisons High Potency/Harrison's Maintenance Course/Small** *I use a small amount of HP for my macaws and other birds that need the extra fat. The amazons get the maintenance blend because they do not need the fat!*
- **Almonds or Walnuts** *(depending on the size of your bird, and the bird), I will give one or two nuts per dish depending on the bird. A bird with fatty liver disease or high cholesterol should not be getting nuts as treats! Leave them in the shell, if for large bird. Please make sure to scrub the shells with a brush until the shells are clean. In-the-shell nuts will also give larger birds some entertainment as well. . . .*

**Most of these above selections are based on the fact that your bird may need nutritional help. My philosophy is “not all humans are the same, nor are all birds the same.” What might be best for one bird definitely may not be best for all birds. You made need to make special considerations when converting your birds to any new diet. If your parrot/bird has not seen an avian vet in a couple of years, go to my resources page and select avian veterinarian, and make an appointment for your bird. This way, you can discuss any diet changes with your vet first. If your parrot is ill, your vet may want to wait to do any diet conversions at the present time? We strive to give our H.A.P.P.E. Parrots Rescue birds the opportunity to prosper and grow through good nutrition. By good nutrition, we mean, it is always best to provide low fat, low cholesterol and low starch, if this is what is needed for your bird. Most of the birds at H.A.P.P.E. Parrots Rescue come to us with many nutritional and psychological problems which may take years to alleviate. Of course, we work on a case by case basis and this statement may not pertain to every bird. But, through experience, using many of our birds as examples, this statement is correct.**

**Many of the parrots that come into our care are suffering from “seed only” diet syndrome. Most parrots have never seen a pellet diet and their owners know little about converting them. Many have never seen a veterinarian, others have seen their veterinarian, but have been misdiagnosed, preventing a possible cure. Often, overweight birds are not on proper diets, and owners of feather pickers are being told their birds have allergies. Owners need to be aware that a high percentage of parrots with problems, whether the problem is picking, screaming, hormonal, nutritional deficiency or bacterial and fungal infections are problems that stem from low immune systems due to improper diet. If you follow our diet, over time, and with patience, you will see improvement in your parrots skin texture, feather quality, and overall appearance. E-mail me if you have any questions or suggestions at [wingnutz2@aol.com](mailto:wingnutz2@aol.com)**

**Thank You!**

## Links

**Sweet Water Market** [www.sweetwatermarket.net](http://www.sweetwatermarket.net)

*Great place to order organic beans, nuts and other organic foods.*

**The Palm Oil Group** [www.palmoilgroup.com](http://www.palmoilgroup.com)

*Red Palm Oil is an essential source of "vitamin A" for your parrot's dietary needs. Put a small amount on Hawaiian bread or any other food that you know your parrot will eat. I use this method for parrots that need medication and are frightened when they see syringes. Use a small amount of bread, put about 10 drops of RPO on the bread and then the medication. It does work! For that extremely difficult bird, use almond nut butter on top of all this.*

**Sun Organic Farms** [www.sunorganicfarm.com](http://www.sunorganicfarm.com)

*Organic nut butters, nuts, & jams. Always use nut butters instead of peanut butter. We definitely want to protect our birds against aflatoxins and aspergillosis.*

A great article to read on the relationship between diet and illnesses is at this link.

[www.cyberparrots.com](http://www.cyberparrots.com)