



## THE BIRD CLINIC VETERINARY CORPORATION

### THE “4” NUTRIENT GROUPS FOR PROPER AVIAN NUTRITION

These groups of foods **DO NOT** necessarily mean they are healthy or necessary for your pet bird, but are listed in this handout to illustrate what main nutrient group each of the listed foods fall into.

#### **Proteins:**

Eggs	(White with yolk should be scrambled or hard boiled/grated. <b>HIGH</b> Cholesterol)
Cooked Chicken	(Small individual pieces and only fresh, not reheated as can be dangerous)
Cooked Legumes	(Lima beans, Lentils, Pinto, Kidney 15-bean soup, etc.)
Soy Products	(Estrogenic and many birds have had digestive problems with tofu)
<b><u>NO</u></b> red meat or pork	(Meat is <i>too high</i> in phosphorous. Ca:PO <sub>4</sub> = 1:20).
<b><u>NO</u></b> shellfish	(Contains potential toxins). Swimming fish ok (salmon, tuna, trout, etc)

#### **Carbohydrates:**

(Complex)	
Cooked Pasta	(Can be wheat, veggie)
Cooked Rice	(White or Wild)
Cooked Potatoes	(Mashed or chopped)
	(MOST vegetables are primarily carbohydrates, but will be listed under vitamin / mineral sources)
(Simple) Generally BAD for birds	
Fruits	(dried fruit <b>MAGNIFIES</b> the sugar concentration)
Sugars/syrups	(Can cause overgrowth of bad bacteria and kill birds – see toxin handout)

#### **Fat Sources:**

Seed Mixtures dependent on bird species	( <b>No Sunflower</b> - Very high in Fat and Estrogenic)
Nuts	(Very High fat, inadequate protein. No benefit in most species of birds)
Corn	(A high % vegetable fat as well as simple carbohydrates)
<b>NO Cheese or dairy products!</b> Birds <b>cannot</b> break down lactose and it can cause obstructive disorders and / or inflammatory bowel disease. (Please see cheese handout)	

#### **Vitamins / Minerals:**

Two of the biggest deficiencies facing exotic bird species on seed diets:

**Vitamin A:** Please see the Vitamin A handout ([www.thebirdclinic.com/Bird\\_Clinic\\_Handouts.htm](http://www.thebirdclinic.com/Bird_Clinic_Handouts.htm))

**Calcium:** Please see Calcium handout on line ([www.thebirdclinic.com/Bird\\_Clinic\\_Handouts.htm](http://www.thebirdclinic.com/Bird_Clinic_Handouts.htm))

The four main nutrient groups need to be given to an exotic bird each day of his/her life! The examples above are in no way an exhaustive list, but are to demonstrate how close avian nutrition is to human nutrition. **The BIRD Clinic recommends a modern commercial pelleted diet which incorporates all the nutrient groups in a balance derived from over 40 years of research.** Please ask for species-specific recommendations. A good balanced diet can extend the life of your pet bird by 40+% compared to a diet of mainly seeds and nuts!

*This publication is part of The BIRD C News™ series to help educate bird owners. Produced by The BIRD Clinic Veterinary Corporation  
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