



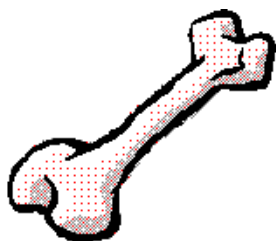
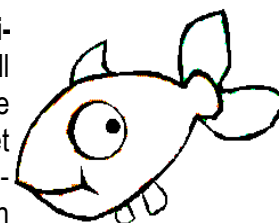
# THE BIRD CLINIC VETERINARY CORPORATION

## Vegetable Calcium Sources

Good Sources		Poor Sources	
	<b>Ca : P</b>	<b>Ca : P</b>	
TURNIP GREENS	7.1 : 1	CORN (very fattening)	1 : 12.9
CABBAGE (GREEN LEAVES)	5.9 : 1	MUSHROOM	1 : 6.9
CHINESE CABBAGE	5.0 : 1	PEAS	1 : 4.5
<b>BROCCOLI LEAVES</b>	3.8 : 1	BRUSSELS SPROUTS	1 : 4.5
MUSTARD GREENS	3.4 : 1	BANANAS	1 : 3.1
WATERCRESS	3.3 : 1	PINEAPPLE ( <b>DO NOT feed</b> )	1 : 2.9
KOHLRABI	3.3 : 1	EGGPLANT	1 : 2.8
<b>BROCCOLI STEM</b>	2.5 : 1	TOMATO ( <b>DO NOT feed</b> )	1 : 2.6
COLLARDS (COOKED)	2.5 : 1	ASPARAGUS	1 : 2.5
DANDELION GREENS	2.5 : 1	SWEET POTATO (COOKED)	1 : 2.4
ENDIVE	2.5 : 1	LETTUCE (ICEBERG)	1 : 2.4
<b>KALE</b>	2.5 : 1	PUMPKIN	1 : 2.2
<b>YAMS</b>	1.0 : 1	CUCUMBER	1 : 2.1

Each source is shown with its Calcium: Phosphorus ratio  
**Thoroughly wash ALL Fruits and Vegetables**

Calcium is the predominant mineral in the body and yet is the **most common mineral deficiency** found in pet birds! Calcium is used for bone formation, blood clotting, and egg shell production. Calcium also affects heart, muscle, nerve function and enzyme systems in the body. As expected, most of the calcium is stored in the bird's skeleton. An overall diet should supply a 1:1 to 2:1 ration of calcium to phosphorus. If the diet has too much phosphorus, the body must use it's own calcium to bind to it to remove it from the body through the kidneys. **All birds are extremely susceptible to long term deficiencies if fed inadequate (seed/nut/fruit) diets.** "Grit" sold in the pet trade is not a noun to describe a specific product, but only an **adjective** describing various products sold. **PLEASE DO NOT FEED YOUR BIRD GRIT!** The BIRD Clinic has found some "grit" to contain heavy metals and other toxic components. A safe source of calcium for smaller species is the foods in **BOLD** in the table above, the backbone from the cuttlefish "cuttlebone", or a mineral block. Larger species can be offered foods on the left side of the table or mineral blocks as well. Some birds, **Conures** and **African Grey parrots**, are more sensitive to calcium deficiency, but **do not need extra supplementation** if placed on a well-balanced commercial pellet diet. Also, like humans, as birds age, their calcium demand increases. The foods listed in the table are only to be used as an indicator of Ca: P supply, however **NO** single food is bad when evaluated in an entire dietary management program created by you and your avian veterinarian.



**ALWAYS OFFER YOUR PET BIRD A CALCIUM SOURCE!!**  
**(unless your pet bird is on a commercial pelleted diet)**