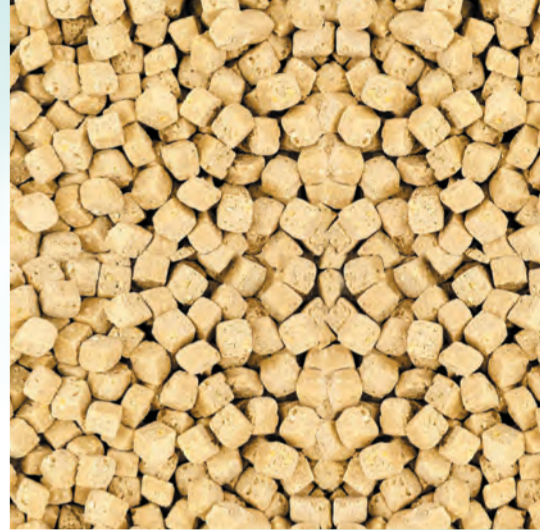




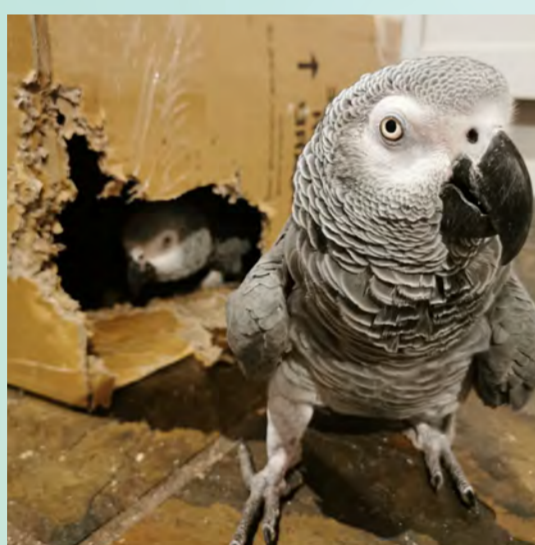
## PARROTS ENJOY A VARIED DIET

In the wild a parrot's diet is enormously varied. For pet birds, a commercially formulated diet is appropriate, supplemented with fresh produce. Ensure you provide foraging opportunities to replicate natural feeding behaviours.



## FORAGING BEHAVIOURS

In the wild, birds spend the majority of their time foraging for food. This behaviour should be encouraged for pet birds too, for example by scatter feeding, using puzzle feeders and foraging trees. The type of equipment provided, or methods adopted, will depend on the species.



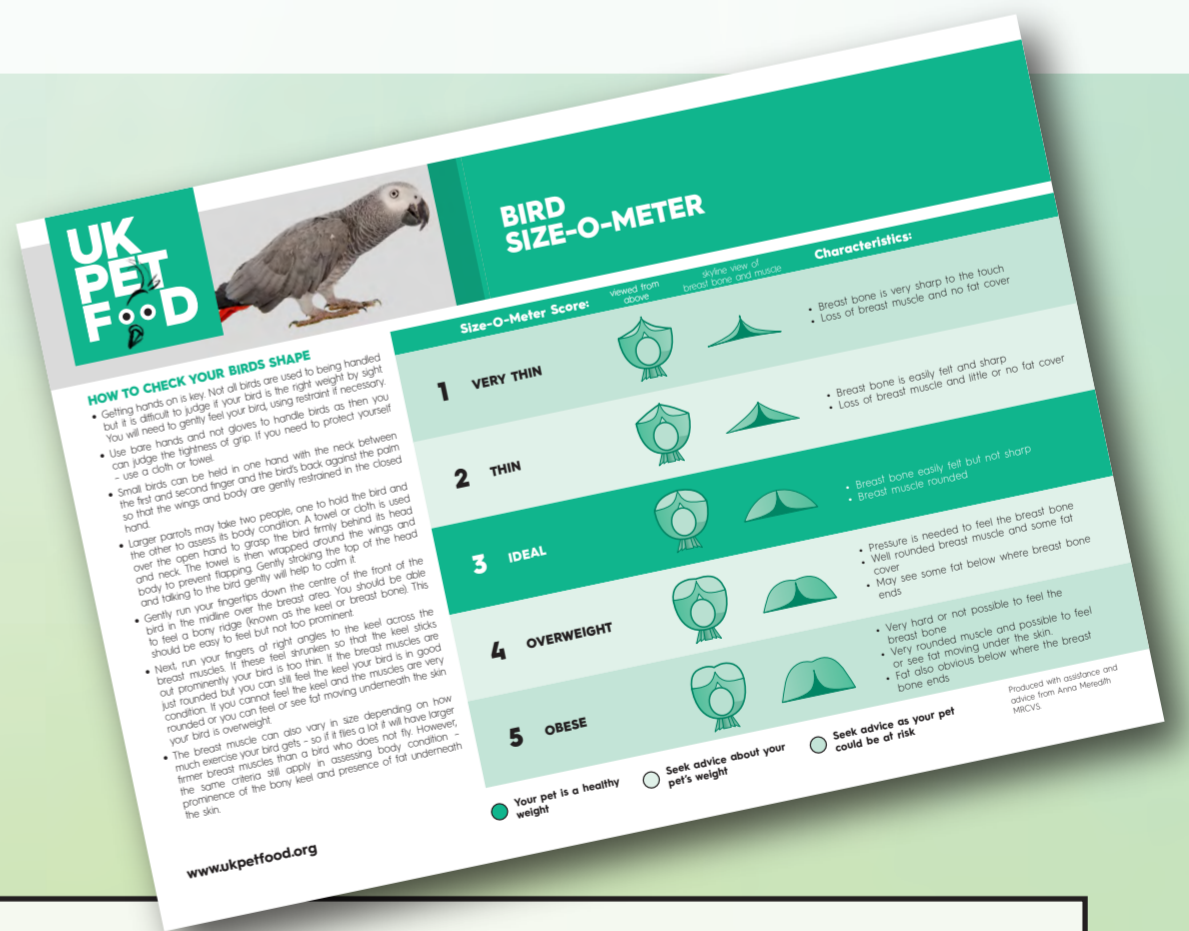
## FRESH VEGETABLES

Fresh produce with low energy-density are a great supplement. Dark green, leafy vegetables are particularly good for their vitamin and mineral content. Examples of appropriate vegetables are spinach, celery, carrots, beetroot, peas, beans and lightly cooked corn on the cob.

## HEALTHY TREATS

Giving healthy treats, occasionally and in small amounts, can be great for bonding and as training rewards. Small pieces of fruit such as apple, grapes, pear and banana and commercial treats with no added sugar are suitable.

FRESH DRINKING WATER SHOULD ALWAYS BE AVAILABLE



Do not feed your parrot with scraps from the table such as salty and sugary human foods. Never feed avocado, chocolate, caffeine, mushroom, tulip, sweet pea or sage. Please visit the Parrot Society's website for a list of other foods to avoid.  
[www.theparrotsocietyuk.org/veterinaryadvice/poisons-and-parrots](http://www.theparrotsocietyuk.org/veterinaryadvice/poisons-and-parrots)



Monitor your parrot's body condition score to make sure they are not overweight or underweight. You can use the **UK Pet Food Bird Size-O-Meter**. For further information on pet birds please visit the **Pet Nutrition Hub** on our website [www.ukpetfood.org](http://www.ukpetfood.org) or simply scan the QR Code on this poster.



For more information on Indoor Bird Nutrition please scan this QR code.