

The Crystal Parrot

*15C College Highway
Southampton, MA 01073*

(413) 527 - 2550

Feeding Do's and Do Not's for All Birds

DO feed Veggie Mix as directed every day. Veggie Mix is very important to maintaining a healthy and happy bird. All birds need Veggie Mix whether they are eating seed, pellets or a combination of both.

DO have your bird's dry food in their cage at all times. Refill or change bowls as needed. Make sure bowls are clean.

DO offer fresh, clean water, and change it at least twice daily. Clean and scrub water bowls between uses.

DO remove any fresh food from the cage with 4 - 6 hours. Harmful bacteria can grow in fresh food kept at room temperature for more than a few hours.

DO NOT feed your bird peanuts. Peanuts may contain a fungus that releases Aflatoxin. Aflatoxin can cause serious liver damage, poor growth, reduced blood clotting, decreased resistance to infection, cancer or death.

DO NOT feed your bird chocolate, avocado, guacamole, apple seeds, raw onions, rhubarb, or raw mushrooms.

DO NOT feed your bird any fresh dairy including milk, half and half, or cream. Birds cannot digest the sugars in milk products. The lactose in dairy can cause severe diarrhea. Dairy that does not have lactose, like some cheese, yogurt, or cottage cheese, may be fed in small amounts sparingly.

DO NOT feed any dairy made for lactose intolerant people. The chemicals that make the milk products safe for people, is not safe for birds.

DO NOT feed your bird anything with caffeine, food with lots of sugar or salt, fried foods, or fatty foods.

DO NOT feed your bird any "junk food." If the food isn't good for you, its not good for birds either.

DO NOT feed your bird beef or beef products. You may feed a little chicken, turkey, scrambled eggs, dry toast, cooked pasta with sauce, or sweet potatoes.

DO NOT feed your bird any fruit grown in Chile, especially grapes. Fruit grown in Chile is 79% pesticides that can be very toxic to your bird. Grapes from Chili have made humans sick as well. Don't take the chance with your bird.

DO NOT modify your bird's diet at all for at least 1 month from bringing them home. The Crystal Parrot feeds the best possible diet to their birds. We highly recommend you keep your bird on our diet for their physical and mental health. If you must change their diet, do it slowly and give your bird time to adjust. Ask us if the new diet is healthy for your bird.