

## Healthy Parrot Treats

Offer treats in small quantities and only once the important foods have been eaten. Avoid human treats as they contain high levels of sodium, sulphates and sugar. Parrot treats include birdy breads which you can bake, nuts, good quality commercial parrot mixes.

## Water

Parrots are high activity birds and tend to mess a lot in their water. They love dunking their food in their water. This can lead to bacteria growing in their water bowl. Their bowls should at least be replenished once a day. Remember to wash the bowl as well.

## Grains and Legumes (Cook Mix/ Sprout Mix)

Beans and peas are known as legumes. Legumes should always be soaked for a minimum of 8 hours and then either cooked or sprouted before given to your parrot. These make up the base for your cook mixes and sprout mixes.



## Quality Seed Mix

Seed should **not** be a staple in the diet of parrots. A variety of healthy seeds should be given. Avoid getting seed from big pet shops where seeds are kept months on end in big warehouses. As far as possible- try and give human-grade seed.

## Fresh Veg and Fruit

A variety of fresh foods, served everyday, is an essential part of your parrot's diet. Fruit should be limited as it is high in sugar and lower in nutritional value. Avoid relying too much on frozen veg, as nutritional value are not as high as in fresh veg.

## Pellets

Where possible- avoid coloured pellets specifically with Eclectus parrots. Pellets alone cannot provide all a parrot's nutritional needs and should be given together with fresh veg. With finicky eaters, it is good to have pellets available as this can provide nutrition a parrot may otherwise not get in.