

HOW DO I MAKE PARROT-CHOP? A GUIDELINE



•Compiled by ParrotTainment SA 2018 • <https://www.facebook.com/parrotainmentSA/>•

•<https://www.parrotainmentsa.co.za>• info@parrotainmentsa.co.za•

Adapted from Parrot Bytes Chop Builder www.facebook.com/groups/parrotbytes

- ALWAYS more vegetables than fruit (Fruit is high in sugar- Companion parrots are less active- therefore they need less sugar.)
- ✓ As far as possible- try and take a veg from your 3 different Food Group Colours
 - Yellow/Orange (High in Vit A etc.)
 - Red (Anti-oxidants etc.)
 - Green (Calcium etc.)
- **FRESH is BEST:** No canned veg/fruit- these contain high levels of salt, sulphates and preservatives.
- Frozen Veg is ok when you have nothing else in the cupboards, but it does lose nutrient value (Vitamin B) so try and substitute with good healthy fresh food.

Dark Green Veg & Leaves

(Pick at least 3)

Give these RAW/ STEAMED

- Arugula (Rocket)
- Baby Marrow
- Beans (Green)
- Bok Choy /Pak Choy
- Beetroot Tops
- Bell Pepper
- Broccoli (leaves and veg)
- Brussel Sprouts
- Cabbage (Green/Purple/red)
- Cauliflower (Leaves and veg)
- Chard (Silver beet)
- Collared Greens (Carrot leaves/ Radish leaves/beetroot leaves)
- Dandelion Greens
- Endive
- Jalapeno Chilli
- Kale
- Spinach (in moderation)
- Mulberry Leaves
- Mustard Greens
- Okra
- Peas (Sweet/ Snap)
- Romaine Lettuce
- Zucchini

Red, Orange Yellow

(Pick at least 3)

Give these RAW/ STEAMED/COOKED

- Beetroot
- Bell Pepper
- Butternut (Seeds incl.)
- Carrots
- Gem squash Pumpkin (Seeds incl.)
- Maize (high sugar content- don't feed too often)
- Patty Pans
- Pumpkin (Seeds incl.)
- Radish
- Red Cabbage
- Squash
- Tomato- very high in acid- not recommended.
- Sweet Peppers
- Sweet Potatoes (Always cooked- no sugar butter salt added)

Fruit

(Pick one or two)

Unless otherwise noted- seeds are also good to feed.

- Apple (Excl. seed)
- Banana (In moderation)
- Berries (Blue/Black/Goji/ Cran/Mull/Ras)
- Cherries (Excl. Pip)
- Citrus Fruit (In moderation)
- Dragon Fruit
- Figs (Seeds incl.)
- Granadilla (Seeds incl.)
- Grapes (Seed incl. not too often as high in sugar)
- Guava (Seeds incl.)
- Kiwi
- Litchi (Excl. Pip)
- Mango (Excl. Pip)
- Mulberry
- Papaya (Paw-Paw) Pips incl.
- Peach (Excl. Pip)
- Pear (Excl. seed)
- Persimmon (In Moderation- high in sugar)
- Pineapple (Not too often- high in acid)
- Plums (Excl. Pip)
- Pomegranate
- Prickly Pear (In moderation- Peeled)
- Sweet Melon
- Spanspek
- Strawberries
- Watermelon

Herbs & Spices

(Pick one or two)

Seeds

(Pick at least two)

- Anise
- Basil
- Ceylon Cinnamon
- Cilantro
- Coriander
- Dill
- Ginger
- Mint
- Oregano
- Rosemary
- Thyme
- Barley
- Buckwheat
- Chia Seed
- Linseed
- Millet
- ParrotTainment Seed mixes
- Poppy Seed
- Pumpkin seeds
- Quinoa
- Rye
- Sesame Seed
- Hulled Sunflower Seed