

BIRD CHOP SHOPPING LIST



GRAINS

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|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> SPELT | <input type="checkbox"/> MILLET |
| <input type="checkbox"/> OAT GROATS | <input type="checkbox"/> RYE BERRIES |
| <input type="checkbox"/> BARLEY | <input type="checkbox"/> FARRO |
| <input type="checkbox"/> OATS | <input type="checkbox"/> BROWN RICE |
| <input type="checkbox"/> BUCKWHEAT | <input type="checkbox"/> QUINOA |

COLORFUL VEGETABLES

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|--|--------------------------------------|
| <input type="checkbox"/> BELL PEPPERS | <input type="checkbox"/> ZUCCHINI |
| <input type="checkbox"/> JALAPENO PEPPERS | <input type="checkbox"/> CORN |
| <input type="checkbox"/> YAMS/SWEET POTATOES | <input type="checkbox"/> BROCCOLI |
| <input type="checkbox"/> CUCUMBERS | <input type="checkbox"/> FENNEL |
| <input type="checkbox"/> SQUASH | <input type="checkbox"/> PEA |
| <input type="checkbox"/> CARROTS | <input type="checkbox"/> GREEN BEANS |
| <input type="checkbox"/> OKRA | <input type="checkbox"/> PARSNIP |

LEAFY GREENS

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|---|--|
| <input type="checkbox"/> DANDELION | <input type="checkbox"/> BOK CHOY |
| <input type="checkbox"/> CHARD | <input type="checkbox"/> TURNIP GREENS |
| <input type="checkbox"/> KALE | <input type="checkbox"/> CARROT TOPS |
| <input type="checkbox"/> COLLARD GREENS | <input type="checkbox"/> BEET TOPS |
| <input type="checkbox"/> MUSTARD GREENS | <input type="checkbox"/> RAPINI |

RAINBOW OF FRUITS

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| <input type="checkbox"/> KIWI | <input type="checkbox"/> DRAGON FRUIT |
| <input type="checkbox"/> GUAVA | <input type="checkbox"/> PASSION FRUIT |
| <input type="checkbox"/> POMEGRANATE | <input type="checkbox"/> LYCHEE |
| <input type="checkbox"/> FIGS | <input type="checkbox"/> CACTUS FRUIT |
| <input type="checkbox"/> MANGO | <input type="checkbox"/> PERSIMMON |
| <input type="checkbox"/> MELON | <input type="checkbox"/> LYCHEE |
| <input type="checkbox"/> COCONUT | <input type="checkbox"/> PEAR |
| <input type="checkbox"/> PAPAYA | <input type="checkbox"/> APPLE |
| <input type="checkbox"/> BANANA | <input type="checkbox"/> CHERRY |
| <input type="checkbox"/> PLUM/PEACH | <input type="checkbox"/> APPLE |





VIBRANT BERRIES

- RASPBERRY
- BLUEBERRY
- CRANBERRY
- BLACKBERRY
- STRAWBERRY

BEANS AND LENTILS

- MUNG BEAN
- ADZUKI BEANS
- GARBANZO BEANS
- SPLIT PEAS
- GREEN LENTILS
- RED LENTILS
- KIDNEY BEANS
- LIMA BEANS
- PINTO BEANS
- BLACK BEANS
- BROWN LENTILS
- YELLOW LENTILS

NUTS, NUTS ALL PARROTS ARE NUTS

- WALNUTS
- ALMONDS
- PISTACHIO
- PINENUTS
- HAZELNUTS
- BRAZIL NUTS
- CASHEWS
- PECANS
- MACADAMIA NUTS

HEALTHY SEEDS

- FLAX SEEDS
- HEMP SEEDS
- SESAME
- SUNFLOWER
- CANARY
- CHIA SEEDS
- FENNEL SEEDS
- RAPESEED
- SAFFLOWER
- PUMPKIN SEEDS

FUN STUFF

- ANISE
- DRY FLOWERS
- HERBS FRESH OR DRY
- UNSWEETEN COCONUT
- HEMP HEARTS



NOTES



FIRST, DIFFERENT SPECIES REQUIRE DIFFERENT DIET, SO PLEASE DO YOUR OWN RESEARCH ON SPECIFIC SPECIES OF PARROTS WHEN RESEARCH DIET FOR YOUR PARROT.

FOODS NOT RECOMMENDED FOR BIRDS:

- ALCOHOL
- AVOCADO
- CAFFEINE
- DAIRY PRODUCTS
- DRIED FRUITS (SUGAR)
- FRUIT JUICE (SUGAR)
- CHOCOLATE
- FOODS SWEETENED WITH NATURAL OR ARTIFICIAL SWEETENERS
- GRAPES (HIGH IN SUGAR)
- FRIED FOODS
- FRUIT PITS
- FATTY ANIMAL MEAT
- NO RAW BEANS
- HONEY
- HUMAN BOX MIXES
- HUMAN FOOD

DO NOT FEED PITS/PIPS/SEEDS FROM APRICOT, APRUM, CHERRY, LYCHEE, NECTARINE, PEACH, PLUM, PLUOT, OR RAMBUTAN

ANIMAL-BASED FOOD HAS BEEN LINKED TO THE DEVELOPMENT OF CARDIOVASCULAR DISEASE IN PARROTS

SEEDS, DEPENDING ON YOUR PARROTS ACTIVITY, SHOULD BE GIVEN IN LESS THAN MODERATION AMOUNT

FOR CONTROVERSIAL ITEMS THAT I HAVE LEFT OUT, ASK YOUR VET



REFERENCE:

DR. SCOTT ECHOLS DVM, DIPL ABVP (AVIAN PRACTICE)
MONIKA SANGAR (10 YEAR OF HANDS ON EXPERIENCE WITH AVIANS)



