

The Crystal Parrot Diet



You Are What You Eat

At *The Crystal Parrot*, we believe that our birds' diet is very important. Not only is diet directly connected to health, but also well-being, self-confidence, and mental stability.

Birds, just like people, need a complete diet with vitamins, minerals, calcium, protein, carbohydrates, and fats. And just like people, there is a delicate balance between too much of the bad stuff, and not enough good stuff.

Many years ago, people fed birds seed, grit and water. Then we learned that seed just wasn't a complete and balanced diet, because seed is very fatty, has no calcium or other vital nutrients. The more we learned, the more we realized that in their natural habitats, our birds are omnivores, eating plants, fruits, nuts, berries and insects. Birds eating seed only diets are more prone to Liver failure, Fatty Liver Disease, Heart Disease, beak overgrowth, behavior issues, and feather plucking.

What IS *The Crystal Parrot* diet?

The Crystal Parrot feeds the birds in our care a diet consisting of pellets and our own "Veggie Mix." Pellets are basic nutrition made with the right amounts of proteins, fats, carbohydrates, vitamins, and minerals. We offer a variety of pellets so the birds can pick and choose what they like, and still get excellent nutrition. Every morning our birds are offered *The Crystal Parrot* "Veggie Mix." This warm, wet, cooked food is made every morning with vegetables, grains, fruit, beans, and lots of other healthy, tasty ingredients. This is the first food our babies learn to eat when they wean from their formula to their adult diet. Our birds need this food every day to ensure not only their nutrition and good health, but because they love this food.

A few species of birds (parakeets, cockatiels, lovebirds, finches, and canaries) are given some seed, but they also are fed pellets and "Veggie Mix" to round out and complete their nutrition.

If you have questions about *The Crystal Parrot* diet, or the best diet for your bird, please feel free to ask us. We would be happy to answer any questions you may have.

