

Healthy Meals For Your Bird

Check out these cookbooks and make a healthy meal for your bird

By Susan Chamberlain

Make your bird a healthy treat. Courtesy Carol Chase, NH

You learned how to modify your diet to suit your bird in the January 2008 issue of Bird Talk magazine. Next time you're at the library or bookstore, check out these cookbooks for healthy recipes you can make for your bird:

"Birdie Treats Cookbook," by Michele Bledsoe. Come and Get It Publishing

"Gourmet Bird Food Recipes," by Holly Armstrong, Bristol Publishing

"The Healthy Bird Cookbook," by Robin Deutsch, TFH Publishing

"The Sneaky Chef," by Missy Chase Lapine, Running Chef

"Deceptively Delicious," by Jessica Seinfeld, Harper Collins

****Did you enjoy this information on bird free-flight time? Learn more in the January 2008 special Diet & Fitness issue of BIRD TALK****