

## BIRD TALK: Healthy Bird, Healthy You

*By Susan Chamberlain*

Even though our birds have the advantages of the latest avian diets and treats, we still enjoy supplementing their meals with people-food and snacks. Many of the foods we eat make nutritious supplements to our birds' diets. But wouldn't it be nice if we didn't have to worry over every morsel? Modify your diet to suit your bird. Here's how:

Cut down on salt. Too much salt can result in salt toxicity in birds, and it can exacerbate high blood pressure problems in humans. Stop adding salt to food when cooking, and leave the salt shaker off the dinner table at meal time. Most food is loaded with enough natural salt to flavor it and, once you become accustomed to less salt, you'll begin to enjoy flavors you hadn't formerly perceived. **\*\*For the full article, pick up the January 2008 issue of BIRD TALK magazine\*\***

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