

## Bird Appétit!

### **Give your bird the right food, the right way**

*By Nikki Moustaki*

There's a notion about parrots being difficult to feed — they're fussy and consume so little that it's nearly impossible to give them the proper nutrition they require. Sure, that might be true for some parrots, but for every picky Polly there's a Fatty Feathers that will gobble down everything. Whether your bird is a true gourmand or a dainty eater, it's important to feed it the best possible diet.

"A lot of research has been done in the past 30 years on avian diets," said Kathleen Lance, owner of Bird Paradise in Burlington, New Jersey. "We have learned that birds require the same food elements as other animals — proteins, fats, carbohydrates, vitamins, minerals and water. There is also a psychological component to the eating habits of birds, factors such as color, texture, taste, shape and size. The key word is balance."

**\*\*For the full article, pick up the 2007 issue of Birds USA\*\***