

## 3 Super Foods

**These foods pack a nutritional punch for your bird — and they're good for you, too.**

*By Leslie Moran*

Our birds require balanced, wholesome food to be happy and healthy. Your bird's diet must contain complete protein from plant-based foods, carbohydrates from wholesome sources, essential fatty acids, both water-soluble and fat-soluble vitamins, absorbable minerals, electrolytes, antioxidants and living enzymes, all in the proper proportions. Overwhelming, isn't it? How do you meet all your bird's nutritional needs without a degree in chemistry? **\*\*For the full article, pick up the 2010 issue of Birds USA or click here to buy the issue.\*\***