

## What's On The Menu?

**A variety of healthy foods is key to a happy, healthy life for your bird.**

*By Jessica Pineda*

You might be amazed to learn that bird's can eat many of the same foods that we do! I don't mean fast-food burgers or deep-dish pizza (though your bird wouldn't say no to either), but the healthy vegetables, fruits, legumes, nuts and grains that you enjoy. You are what you eat, and the same applies to your bird. A healthy, balanced diet goes a long way toward a happy, healthy pet bird. **\*\*For the full article, pick up the 2010 issue of Birds USA or click here to buy the issue.\*\***