

SAFE FOOD ITEMS

Dry food

Tidy Mix – seed mixture of human consumption grade

Rob Harvey Macaw/Amazon/African Grey

Select - 10kg – This specially developed high quality seed mixture provides a varied, healthy, balanced diet for your bird. It contains only natural ingredients. The new “Delicatessen” range, which includes some nutritionally balanced species-specific products, is produced using only human grade ingredients which meet the stringent HACCP standards.

Bite size Shredded Wheat,
Malted Shreddies,

Nuts – human consumption grade **only**

Hulled or whole shell nuts depending on size of birds – walnut, hazelnut, pistachio, almond, Brazil etc.

Fruits

Papaya
Sharon fruit
Kiwi
Pomegranate
Melon
Passion fruit
Cherries
Grapes
Banana
Apple
Pear – **NOT Avocado**
Plum
Orange
Figs
Soaked raisins & Sultanas

Tomato

Cucumber

BERRIES: Hawthorn (good for the heart);

Elderberry (anti-viral properties);

Rosehip; Raspberry; Blackberry; Loganberry;

Cranberry;

Vegetables

Broccoli / Kale

Green beans

Peas (in pod or frozen but must be defrosted)

Sweet-corn / corn on the cob

Carrot (cooked and uncooked at alternate times)

Salad and water cress

Celery

Courgette

Sweet potato (cooked) – contains minerals and vitamins and aids digestion

Cooked beans and lentil mix (soaked over night then simmered gently for 20/30 minutes)

Other healthy food items

Cooked rice

“ pasta

“ egg (the egg white has a high protein level, especially good protein source for macaws, and the yolk contains vitamin D & K)

Soya/Tofu products

Wholemeal bread with honey or banana sandwiches

HERBS & SPICES

Basil

Thyme

Chive

Oregano / Marjoram

Apple mint

Olive leaf (capsule form)

Cinnamon

OILS

Organic Hemp seed oil

Olive oil - add to cooked pasta and rice

JUICES – no additives

Cranberry

Pomegranate

Natural veg/fruit puree drinks

Essential health care

Probiotic – re-establish a healthy gut flora during and after illness and post antibiotic treatment. Valuable during stressful periods.

Electrolytes – hydrates sick, dehydrated birds.

Vetark vitamin/mineral products – essential with birds that will not eat a healthy varied diet and also to help boost the immune system post illness.

Critical Care formula - a high calorie composition for sick birds with no appetite.

Warning!

Birds cannot digest milk products, as they do not have the necessary enzyme to digest the lactose, which is a white crystalline sugar, found in milk and any milk based products, pharmaceuticals, and baby foods.

Chocolate and junk food is harmful to birds and is responsible for poor health and death, as with alcohol, fizzy/sugar drinks, tea & coffee.

Avocado pear is **toxic** to birds.