

Give Your Bird A Healthy Life By Feeding Him Proper And Nutritional Foods.



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**Give Your Bird A Healthy Life By Feeding Him Proper And Nutritional Foods.**

**By Robert Michael**

Bringing up a Healthy Bird

1. Feed your bird a nutritional diet in order for him to live a long and happy life. When a bird is malnourished he could die at an early age. They also can pick up disease when they are not being fed properly.
2. If you have a bird that is a member of the parrot family he should be fed different types of food. Giving your parrot only seeds is a common mistake. Too much fat, too little protein and hardly any vitamins are what you will find in seeds. Your bird should have less than 50% of their diet be seeds.
3. Healthy table foods such as food with whole grain, pretzels, pasta and wheat bread can be given to your bird. If you give your bird enough time and encouragement he will probably come to enjoy some dairy and poultry items. Low-fat cheese, yogurt and chicken can be given to your bird. Do not give your bird any foods that are high in fat and stay away from avocados, as they will be toxic to your pet.
4. Good sources of nutrition for your bird are beans, legumes, fruits and vegetables. Give your pet a lot of time to get used to these different kinds of foods. They might need as long as a year to accept any of them but it is the best thing for your bird.
5. Make these changes very slowly. For an hour at each feeding offer your bird these fresh foods. These foods will become unappealing and can develop bacteria if left in their cage longer than an hour.
6. It is a good idea to feed your bird two times daily. Because your bird will become hungry between feedings he will become more active. With a large appetite your pet might be more willing to try new and different foods. This also gives you a chance to keep a close eye on what your bird is consuming.

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When your bird is sick, laying eggs, taking care of their babies or nesting then they should always have food available to them. A bird may not be feeling well when they don't eat as much as they usually do.

7. Try cooking the vegetables and warming the food to help your bird get used to these new foods. Figuring out your birds preferences can take a little bit of time. Until you make sure your bird is eating enough to stay healthy only offer him seeds at meal time. Consider feeding your bird outside his cage because they tend to accept new diets better this way.

8. The last key to your bird's nutritional success is water. Make sure the water is fresh and his bowls are cleaned on a daily basis with soap and hot water. Use bleach once a week to disinfect his bowl. Be careful to get all of the bleached cleaned out the bowl. Until you know your bird is getting enough fruits and vegetables consider giving him a daily multivitamin in his water.

Give your bird a healthy life by feeding him proper and nutritional foods.

Robert Michael is a writer for

<http://www.lasbirds.com>

which is an excellent place to find birds links,

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### **Raising A Healthy Bird.**

**By Robert Michael**

1. If you want your bird to live a long life it is important to feed it in a nutritionally sound way. Birds often die too young because they are malnourished or they pick up a disease because they were not being fed correctly.

2. Birds who are part of the parrot family should be fed a variety of foods. Seeds are used by most as the only part of the bird's diet and this is a mistake. Seeds have too much fat, not enough protein and almost no vitamins. Seeds should not make up more than 50 percent of your bird's diet.

3. Try healthy table foods like items that contain whole grains and pretzels, pasta and whole wheat bread. Many birds can be persuaded, given time and encouragement, to eat dairy and poultry products. Try serving your bird low-fat cheese, yogurt and chicken. Avoid any food that is high in fat and stay away from avocados, they are toxic to birds!

4. Beans and legumes as well as fruits and vegetables are good sources of nutrition for the pet bird. It may take quite awhile to get your fine-feathered friend to except these changes, (up to a year) but it will be the best thing for your bird.

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5. When you get ready to make these changes do it slowly. Offer the fresh foods twice a day for about an hour at each feeding. Don't leave the fresh food in the cage longer than that. It becomes unappealing and can develop bacteria.

6. Feeding your bird twice a day is a good idea. Your bird will become hungry between feedings and this practice produces a more active bird. With a healthy appetite the bird is more likely to try new foods. You will also be able to keep a closer watch on how much your bird is eating. (If your bird is sick, laying eggs, caring for young, or nesting they should always have food available.) When food consumption drops, a bird is usually not feeling well.

7. If your bird is having a hard time getting used to the new diet, try warming the food or cooking the vegetables. It will take a little time to discover what works for your bird. Offer seeds only at meal time and along with other foods until you see that your bird is eating enough to stay healthy. Birds often do better with new diets when they are fed outside the cage.

8. Water is the final key to your bird's nutritional success. The water must be fresh and all bowls should be thoroughly cleaned each day with hot water and soap. Disinfect these bowls with bleach every week. Be sure all the bleach is totally rinsed away from the bowls. Adding a multivitamin to the bird's water daily is a good idea until you know the bird is getting enough vitamins from the fruit and vegetables. Birds are delightful pets and feeding them properly allows them to enjoy a healthy lifestyle and this practice can extend their life expectancy.

Robert Michael is a writer for Las Birds which is an excellent place to find birds links, resources and articles. For more information go to:

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