

Good Food Sources of Calcium and/or Vitamin A for Birds

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Listed below are some nutritious foods for you to incorporate into the diet of your pet bird(s). Nutrition plays a major role in the health and longevity of any animal. Keep in mind that *moderation* and *variety* are the keys to offering a complete, balanced diet.

<u>Vegetable/Fruit</u>	<u>Calcium</u>	<u>Vitamin A</u>
Broccoli Leaves	Excellent	Excellent
Mustard Greens	Excellent	Excellent
Kale	Excellent	Excellent
Turnip Greens	Excellent	Excellent
Swiss Chard	Excellent	Excellent
Collard Greens	Excellent	Good
Endive	Good	Good
Escarole	Good	Good
Dandelion Greens	Good	Excellent
Beet Greens	Good	Excellent
Parsley	Poor	Good
Carrot	Poor	Good
Yam	Poor	Good
Pumpkin	Poor	Good
Mango	Poor	Good
Papaya	Poor	Good
Apricot	Poor	Good
Red Pepper	Poor	Good