



Practice Limited to Birds, Reptiles and Exotics

Dr. GREGORY RICH  
Dr. LESLIE PENCE  
www.avianandexoticvet.com

AFTER HOURS EMERGENCIES  
504.835.8508

## *Foods High in Protein*

(Highest to lowest)

- Lentils
- Walnut
- Edamame/Soy (boiled)
- Almonds
- Hazelnut
- Brazil Nuts
- Chickpeas (boiled)
- Beans (cooked)
- Green Peas
- Oatmeal
- Corn
- Spinach (cooked)
- Figs
- Asparagus (cooked)
- Sweet Potatoes
- Broccoli
- Brussels Sprouts
- String Beans
- Green Beans
- Beet
- Cauliflower
- Banana

*We strongly recommend annual health examinations on all exotics!*

