



Practice Limited to Birds, Reptiles and Exotics

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## *Vitamin A Veggies & Greens*

*Should make up about 20-30% of your bird's balanced diet*

High vitamin A vegetables are one of the most important foods you can get your parrot to eat. Although there are fruits that are higher in vitamin A than others, fruits are not generally as good a source as vegetables for this essential nutrient. Vitamin A is essential for skin and feather condition, eyesight, and helps the body fight infection by keeping the mucous membranes healthy. A general rule of thumb is 'the darker the flesh (not the skin) of the vegetable or fruit, the higher the carotene content.' It is carotene that converts into vitamin A when metabolized by the digestive system. Veggies can be fed raw but some are fine steamed or baked and may be more digestible this way. However, overcooking can destroy vitamin content.

### Green Vegetables: *(most of these are also an excellent source of calcium)*

- Kale
- Collard greens
- Mustard greens
- Turnip greens
- Spinach
- Broccoli
- Dandelion greens
- Water cress
- Beet greens
- Chicory
- Chard
- Parsley
- Bell peppers
- Alfalfa
- Hot peppers
- Wheat grass

### Yellow-orange Vegetables:

- Sweet potatoes and yams
- Carrots
- Butternut squash
- Acorn squash
- Red peppers
- Pumpkin

### Fruits with decent Vitamin A

- Peaches
- Nectarines
- Apricots
- Japanese persimmon
- Cantaloupe
- Raw plantain
- Papaya
- Sour red cherry

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

