



Practice Limited to Birds, Reptiles and Exotics

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## *Foods High in Protein*

Seeds alone are not a proper diet. The seeds we offer our companion birds are not the same seeds they would find in their native habitats. ***Store bought seeds tend to be lower in protein and other required nutrients.***

Protein is required for normal growth of muscle, skin, organs and bone. It is also necessary for tissue repair, wound healing, blood formation, feather growth, immune system function, hormone production, and energy.

If protein levels are too low, a bird may have poor growth, poor healing, poor feather development (sometimes seen as growth bars), weight loss, and/or general lethargy. Be careful with giving too much protein, as an excess of protein can lead to kidney disease. Routine blood chemistry panels helps us to monitor your bird's protein levels and to adjust the diet as needed.

- Cooked beans - garbanzo, pinto, kidney, black beans, split peas, lentils, chickpeas
- Nuts - walnuts, almonds, hazelnuts, brazil nuts, pistachios
- Edamame (boiled)
- Green Beans
- Corn
- Spinach
- Asparagus (cooked)
- Sweet Potatoes
- Broccoli
- Brussels Sprouts
- Beets
- Cauliflower
- Banana
- Figs
- Chicken - roasted or grilled with no added salt or oils; limit small piece once a week
- Egg - boiled or scrambled, mostly egg whites; limit to once a week
- Lean fish - salmon, trout, tuna, halibut - cooked with no added salt or oil; limit small piece once a week

***We strongly recommend annual health examinations and routine blood work on all exotics!***

