



Practice Limited to Birds, Reptiles and Exotics

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

AFTER HOURS EMERGENCIES  
504.835.8508

## *Healthy Avian Diets*

- We highly recommend a diet without sunflower seeds or peanuts for all our avian patients, as these diets can lead to nutritional deficiencies.
- Sunflower seeds and peanuts are high in triglycerides and fat, and low in Vitamin A and Calcium. Peanuts are also known to be a source of aflatoxins (toxins produced by fungus).
- For birds that have been on a high fat diet, we highly recommend blood work to check cholesterol and triglyceride levels to assess if your bird may need medication in addition to a diet change. Complete blood work will also show us liver and kidney function, as well as calcium, phosphorus, and protein levels, all of which can be affected by improper diet. High cholesterol may lead to atherosclerosis (hardening of the arteries), as well as fatty liver disease if left unchecked.
- A pelleted or formulated diet for psittacines is optimal. We highly recommend ZuPreem, Harrison's, Lafeber, and Roudybush diets. Harrison's Bird Diet can be bought through us or ordered online. We carry the other diets, but they can also be found in pet stores and online. We also carry prescription Roudybush if a specific diet is medically needed.
- If you continue feeding a non-sunflower / non-peanut based diet, be sure the seed intake is no more than 60% of what the bird consumes. Vegetables should be 30-50% of your bird's daily intake, as well as adding in a daily vitamin supplement.
- Diet changes can be accomplished with time and patience. We have handouts on how to switch your bird's diet from all seed to pellets, if necessary. If you would prefer, we can board your bird at the clinic while weaning to the new diet. Be persistent with changing the diet, even the most stubborn birds can be weaned.

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

