**Feeding Guide For Parrots**

Daily 70% Tropican Extruded Pellets • Daily 30% Enrichment Diet

**Daily 70% Tropican Extruded Pellets**

- 70% of the diet is equal to 5% of birds’ wt (g).
  - Ex: 200 gram bird = 10 grams of Tropican per day

**30% Daily Enrichment Diet**

- Seeds & Nuts
- Leafy Greens
- Fresh Fruits
- Spinach
- Avocado
- Onions
- Coffee beans
- Chocolate
- Raw dairy
- Apple seeds
- Fruits
- Salty items
- Fruit pits
- Mushrooms

**Reminder**

- weigh your bird weekly!

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This guide is a recommendation and can vary depending on your birds’ lifestyle, life-stage, species, weight, and predisposition. Always speak with your Avian Veterinarian for any health concerns.

Visit hari.ca/avian-care to learn more.