

# Articles

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## Birds are like kids in a Candy Store...

We know our birds are smart. We'd all like to think that they are smart enough to know what they should eat, but in this study, when offered the chance to eat a variety of seeds, fruits, veggies and a complete diet, the birds failed the test. Just like a kid in a candy store, the birds ate too much seed and didn't consume a balanced diet. Researchers noted that allowing the birds to choose resulted in shortages of several vitamins and minerals.

All that adds up to the fact that it's our responsibility to choose wisely for our birds and offer them nutritious foods that are good for them.

Reference: Three adult Timneh African grey parrots were offered a mixture of an extruded diet, seed, fruit and vegetables (Ullrey et al., 1991). Because the birds could sort through their diet, seed consumption predominated

resulting in diets that were marginal or deficient in the following nutrients; methionine, calcium, available phosphorus, sodium, manganese, zinc,

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Bird Fun Facts

1. Macaws are often monogamous, remaining bonded for life. They are often seen flying in the wild with their wings nearly touching.
2. A bird's body temperature is usually seven to eight degrees warmer than ours. Almost three fourths of the air a bird breathes is used to help cool it down as they do not have sweat glands.
3. A Hyacinth Macaw, the largest of all parrots, often has an enormous wingspan of more than 4ft.