

OWNING A PET BIRD: DIET

SEASONAL VEGGIES CHART

 Artichoke	 Asparagus	 Arugula	 Beet	 BitterGourd	 BokChoy
 Broccoli	 Brussels Sprout	 Capsicum	 Carrot	 Cauliflower	 Chili
 Collard Green	 Corn	 Cucumber	 Cabbage	 Endives (Pa Bo Chye)	 Fennel
 French Bean	 Green Peas	 Kale	 Lady's Finger (Okra)	 Lettuce	 Long Bean
 Mustard Green	 Pandan	 Pumpkin	 Radish	 Snow Pea	 Spinach*
 Squash	 Sweet Potato	 Watercress	 Wheat Grass	 You Mai Chye (Indian Leaf Lettuce)	 Zucchini

* Safe only in moderation

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SEASONAL FRUITS CHART



Apple*
(Remove Seed)



Apricot*
(Remove Pit)



Banana



Blueberry



Blackberry



Cantaloupe



Cherry*
(Remove Pit)



Coconut



Dragon Fruit



Durian
(Remove Seed)



Grape
(Remove Seed)



Guava



Honeydew



Kiwi



Lychee
(Remove Pit)



Mango
(Remove Seed)



Mulberry



Orange
(Remove Seed)



Papaya



Passion fruit



Pineapple



Pear*
(Remove Seed)



Peach*
(Remove Pit)



Pomegranate



Prune*
(Remove Pit)



Rambutan*
(Remove Pit)



Red Date*
(Remove Seed)



Starfruit



Strawberry



Watermelon

* Except seeds & pits

Due to their high sugar content, fruits should be fed in moderation

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SEASONAL SPROUTS CHART



Alfalfa



Amaranth



Almond



Barley



Broccoli Seed Buckwheat



Caraway



Chia



China Rose
Radish



Fenugreek



Flax



Garbanzo
(Chickpeas)



Green (mung) Bean



Green Pea



Kale



Lentils



Maple Pea



Millet



Mustard seed



Quinoa



Red (adzuki)
Bean



Red Clover



Sesame



Sunflower

EASY SPROUTING GUIDE

1. Soak beans or seeds in water overnight (8-12 hours)
2. Drain and rinse thoroughly in a sieve
3. Leave the sieve in a container (not covered) away from light
4. Rinse twice a day (morning and evening)
5. After 3-5 days (depending on the sprout), a small tail will emerge - do a final rinse and feed to your birds!

Note: check for mould before feeding - NEVER feed mouldy food to your birds!

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FLOWER CHART



African Daisy



African Violet



Bee Balm



Begonia



Blue Pea



Carnation



Cornflower



Chicory



Chamomile



Calendula



Chrysanthemum



Camellia



Daisy



Dahlia



Dandelion



Gardenia



Gloxinia



Hibiscus



Impatiens



Jasmine



Lavender



Magnolia



Marigold



Pansy



Passion



Petunia



Peony



Rose



Sunflower



Zinna

* Flowers can be served either fresh or dried

OWNING A PET BIRD: DIET

SEASONAL HERBS CHART



Basil



Bay Leaf



Cayenne



Coriander



Dill



Mint



Tumeric



Thyme



Oregano



Parsley



Black Pepper



Rosemary



Sage

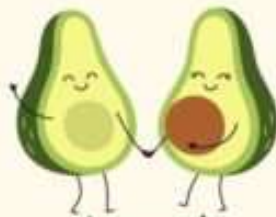
* Feed in moderation

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FOODS TO AVOID



Alcohol



Avocado



Apple Seeds



Caffeine



Cassava



Chocolate



Dairy
(Lactose)



Fruit pits



Oily Food



Processed Food



Salted food



Sugared food



Xylitol