

DIET CHART

Do's

- Mixed diet is the best diet for your Quaker Parrot. A mixed diet is one that contains all nutrients in the right proportions.
- Seeds are a must. Ideally, they should form only 10% of the diet. Seeds up to 25% of the diet are harmless.
- Give a variety of pellets to your Quaker Parrot. Quaker Parrots are gaga over Harrison's, Zupreem Natural or Foundation formula.
- Fresh vegetables are absolutely essential. Give dark yellow and leafy green veggies like celery and lettuce in biteable chunks or chopped.
- Give dark colored and fresh fruits. The darker the color, the more nutritious the fruit.
- Sprouted seeds and fruits is a wonderful treat for your Quaker Parrot.
- Proteins should make up 20% of the diet. Proteins in the form of rice, beans and tofu are excellent for your pet.
- Add mealworms or insect larvae to their meals and see them glow with joy.
- Vitamins should make up 30% of the diet. Give broccoli; sprout leaves and dandelion leaves to your Quaker Parrot. These are rich in Vitamin A.
- Cherries, papaya, oranges, apples, beans, brown rice, nuts, sweet potatoes and grape seeds are not only favorites, but they are also ideal for healthy Quaker Parrots.
- Include sufficient water in the hand-feeding formula while feeding babies. Lack of adequate water can lead to dehydration and an overall deterioration of your bird's health.

Don'ts

- Chocolate, avocado and rhubarb are absolute no-no's
- Alcohol and caffeine are poisons in disguise for your Quaker Parrot
- Avoid set meat products
- Avoid onions, germinated Lima, fruit pits and apple seeds
- Avoid all milk products except hard cheese and yogurt. However, give very small amounts of these
- Peanuts coated with yeast can lead to respiratory diseases
- Avoid piping hot food while feeding your Quaker Parrot, especially if it is a baby. This can lead to crop burn.
- While tube feeding a baby Quaker Parrot, be very careful. Don't push it too much lest it causes a crop puncture.

HEALTH CHART

How well do you know your Quaker Parrot?

- Know your Quaker Parrot's daily habits by heart.
Eating: how much and how often, Sleeping, Vocalization, and Molting schedule
- Weigh your bird regularly. A gram scale is mandatory in your house if you decide to own a Quaker Parrot.
A drop in weight is the first and only indication that your bird is unwell. It hides its illnesses very well.
A baby bird should be weighed daily. If an older bird loses even 10% weight, it indicates severe problems. However, weight loss between weaning and fledging is normal.
- See that your Quaker Parrot does not wander on the floor. Your toddler and your Quaker Parrot are similar. They pick up anything from the floor or carpet and put it into their mouths.
- Sleep is very important for your Quaker Parrot. Remember, Quaker Parrots are originally from the equatorial regions. They are used to 12 hours of light and 12 hours of darkness. Ideally, your Quaker Parrot should get 10 to 12 hours of sleep everyday. Inadequate sleep will make your Quaker Parrot look tired and unwell.
- Good companionship increases longevity of man. This rule applies to Quaker Parrots as well. To have a happy Quaker Parrot at home, get another of its kind and watch the love and joy grow in your home and life!
- Wing clipping is no longer considered necessary to keep birds at home. It is important for birds to fledge naturally. They must develop good balance and muscle strength.
- Vet care is one of the most important aspects of keeping a Quaker Parrot at home. If you don't think you can afford vet visits every month, please don't buy a Quaker Parrot.
- You must quarantine your Quaker Parrot. Take your bird to the vet and, as per his decisions, quarantine your bird for 30 to 90 days.
- Your Quaker Parrot cannot tolerate fluctuations of temperature. Keep your bird warm. A warm cloth to cover one side of the cage will keep your bird warm.
- Cleanliness is the key to good health. Keep your Quaker Parrot, the cage; the food and water bowls and your house clean to have a healthy feathered companion.
- Do not allow your Quaker Parrot into the kitchen. Ovens and microwaves are synonymous to death traps for your Quaker Parrot.
- Are you a smoker? Stop smoking now or forget about keeping a Quaker Parrot. The nicotine fumes are toxic to your bird and can become fatal.
- Your Quaker Parrot loves to bathe. Give it a warm bath almost regularly. This will not only keep your Quaker Parrot clean, it will also keep it in good health.