

# A FULL SPECTRUM OF NUTRIENTS

All of us remember being told by our parents “Eat your Vegetables. They’re good for you”. Fruits and vegetables are good for our Budgies too. Each color group has its own nutritional benefits, healing properties, and preventative characteristics. With more variety, we can come closer to naturally meeting our bird’s nutritional needs. Don’t forget, when you feed fresh fruits and vegetables, they must be removed within several hours to prevent the growth of harmful bacteria.

Here is a breakdown of some of our color options and their benefits.

## PURPLE, BLUE, AND BLACK FOODS

### EXAMPLES:

Blueberries	Blackberries	Black Raspberries
Black Cherries	Dark Grapes	Beets
Elderberries	Purple Cabbage	Prunes
Purple & Black Plums		

### IN GENERAL:

Purple foods contain antioxidants. These foods also help the avian immune system defend itself against harmful carcinogens in food, air, and water. Overall, the dark foods have a positive effect on the respiratory system, circulation, and emotional health.

### PURPLE FOODS ARE SOURCES OF:

Bioflavonoids	Phenols	Proanthocyanidins
Vitamin C	Folic Acid	Fiber
Potassium	Anthovyanin	

## SPECIFICS:

- Beets protect against cancer.
- Prunes lower cholesterol.
- Blueberries preserve vision and protect eyes. The Anthocyanin in blueberries has antioxidant properties and protects against cancer.
- Purple grapes promote heart health.
- Black cherries relieve gout.

## **GREEN FOODS**

### EXAMPLES:

Kale	Turnip	Wheat Grass
Collards	Beet Tops	Barley Grass
Dandelion	Spinach	Parsley
Mustard	Brocoli	Water Cress
Alfafa	Chard	Fennel
Peas	Beans	Okra
Romaine		

### IN GENERAL:

The darker green they are, the more nutritious they are. Green foods help control blood pressure, reduce the risk of heart disease, protect against cancer, and help prevent loss of vision.

## GREEN VEGETABLES ARE SOURCES OF:

Calcium	Vitamin K	Vitamin C
Chlorophyll	Antioxidants	Vitamin E
Selenium	Carotenoids	Beta-Carotene
Vitamin B	Vitamin A	Zink

## SPECIFICS:

- The leafy greens are probably the richest in nutrients of any vegetables.
- Spinach, collards, kale, and broccoli protect the eyes by keeping the retinas strong.
- Cruciferous vegetables, like broccoli, kale, and Brussels sprouts, reduce the risk of malignant tumors. Cauliflower, though not green, is also a crucifer.
- The green grasses, like wheat grass, barley grass, and alfalfa are very high in phytonutrients.
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## YELLOW FOODS

### EXAMPLES:

Corn	Summer Squash	Yellow Bell Peppers
Pineapple	Yellow Plums	Apricots

### IN GENERAL:

Yellow foods have many of the same benefits as orange foods.

### YELLOW FOODS ARE SOURCES OF:

Lycopene	Carotenes	Vitamin C
Manganese	Fiber	Boron

## SPECIFICS:

- Pineapple is rich in vitamin C, and even though budgies can make their own Vitamin C, more is better in times of stress. Pineapple also contains the natural enzyme bromelian, which aids in digestion.
- Apricots prevent heart disease
- Corn lowers cholesterol
- Pears improve memory and alertness

## ORANGE FOODS

### EXAMPLES:

Sweet Potatoes	Cantaloupe	Carrots
Pumpkin	Winter Squash	Mango
Oranges	Pepaya	Persimmons
Peaches	Orange Bell Pepper	Nectarines

### IN GENERAL:

Beta-Carotene is a precursor to Vitamin A, which is important to parrot health. Orange foods enhance the immune system and keep the eyes bright and shiny.

### ORANGE FOODS ARE SOURCES OF:

Beta-Carotene	Vitamin C	Vitamin E
Folate		

### SPECIFICS:

- Carrots improve vision.
- Sweet Potatoes prevent heart disease and cancer.
- Pumpkin boosts the immune system.
- Cantaloupe prevents cataracts .

# RED FOODS

## EXAMPLES:

Pomegranates	Cranberries	Red Bell Peppers
Strawberries	Red Grapes	Red Chilies
Cayenne Peppers	Watermelon	Pink Grapefruit
Red Raspberries	Guava	Red Plums
Tomatoes		

## IN GENERAL:

Red foods influence circulation, digestion, and vitality.

## RED FOODS ARE SOURCES OF:

Antioxidants	Vitamin C	Vitamin A
Vitamin B 1,3,6	Vitamin G 4	Potassium
Magnesium	Manganese	Folate
Melatonin	Vitamin K	Lycopene
Tomatoes	Carotenes	Capsaicin

## SPECIFICS:

- Berries prevent cataracts.
- Chili peppers relieve congestion.
- Cranberries prevent and cure urinary tract infections.
- The Lycopene in tomatoes protects against heart disease and cancer.

# WHITE FOODS

## EXAMPLES:

Apples	Radishes	Cauliflower
Garlic	Onions	Leeks
Coconut		

## IN GENERAL:

Only small amounts of onion should be fed to birds. Overall, white foods are thought to have a direct effect on the kidneys, and a positive influence on elimination.

## WHITE FOODS ARE SOURCES OF:

Alium	Fiber	Pectin
Isothiocyanates	Rutin	Quercetin

## SPECIFICS:

- Radishes clear sinus congestion.
- Cauliflower counteracts pesticide damage.
- Pears lower cholesterol.
- Garlic kills bacteria and fungi.