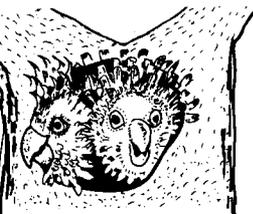


THE NATURAL CHOICE

by Eb Cravens
Waiohinu, Hawaii



Lorikeet Food Reference List

Editor's Note: every situation is different but the author's birds have enjoyed these dietary items with no ill effects. Be sure that all natural foods are free of potentially harmful chemicals.

FRESH FRUIT

apple	peach
pear	guava
banana	plum
papaya	pomegranate
grape	kiwi
fig	persimmon
apricot	melon (seeds too!)
berries	cherry (de-pit?)
mango	citrus (high acid!)

DRIED FRUIT

(soak overnight to decrease sugar/use liquid for nectar)

prunes	papaya
banana	pineapple (high sugar)
fig	cranberry
apricot	raisins (high iron level)

(Note: many fruits are dried with sulfur)

VEGETABLES

carrot	potato
cob corn	yam
beets	sprouts
squash	cabbage
pumpkin	cucumber
beans	broccoli
chard	celery (calming agent)
greens	

NUTS & SEEDS

millet	canary
finch mix	parakeet mix
sesame	anise
cumin	poppy
amaranth	quinoa
safflower	sunflower (large lories/ (limit quantity) limit quantity)
dill	hemp
rape	thistle
walnut	coconut
pecan	almond
peanut	filbert
macadamia	

HEALTH FOOD & MISC.

honey	maple syrup
protein shakes	whole wheat bread
amazake	soy milk
bee pollen	smoothies
cheese	soaked bread
unsalted	nutritional yeast (adults only)
crackers	corn worms
mealworms	veggie juices
fruit worms	wheat germ
cuttlebone	baby formula
spirulina	cream of wheat
granola	egg (well cooked)
malt	

FRUIT & VEGGIE JUICE

apple	papaya
apricot	carrot
grape	pineapple-coconut
V-8	prune (droppings stain)
pear	citrus (high acid)
celery	

FLOWERS (especially buds)

dandelions	cosmos
petunia	geranium
marigold	orchid
nasturtium	chrysanthemum
pansies	wildflowers (weeds)
sunflower	daisy
legumes	fruit blossoms
impatiens	bird seed flowers
herbs	rose hips
asters	chamomile
hibiscus	

ADDITIONAL NOTES:

- 1) Lory powder is a main staple food; but all our lories prefer it in nectar form; if water is used, powder will settle and surface becomes thin and weak; we mix powder with quality fruit juices to prevent settling; papaya, apricot, pineapple-coconut are best and last longest; apple and orange sour quickly. *If your lory runs to the water dish with dry powder to create his own nectar he is trying to tell you something!!!*
- 2) In lory feeding, the single most valuable tool is the blender; any and all nutritional foods from sprouts to mulberries can be made into a delicious nectar in the blender with the addition of juice, lory powder, molasses, etc.
- 3) Lory diets loaded with sucrose, dextrose, fructose and such sweetener have a tendency to make pets hyperactive. Try cooked grains, soaked breads, rice, beans and veggies fresh or juiced.
- 4) Lorikeet metabolism is rapid and heat producing; summer temperatures are more dangerous than winter cools for most species; a water dish large enough to climb into is a must!
- 5) All lory nutrition for captive species is still in its infancy; wide variety and extra effort to train your birds is highly recommended; avoid falling into feeding ruts.
- 6) And finally, after mixing up your own scrumptious blended lory nectar - don't forget to lick the spoon!

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