

# Vitamin A

Vitamin A is one of the most common deficiencies in pet bird medicine, especially in South American species like Amazon parrots, conures, and macaws. At least one Vitamin A-rich food should be fed to your pet bird EVERY DAY. Remember, birds can discern color and texture, as well as taste, so changing the form and presentation of the food can make a big difference in whether the bird will or will not accept the new food. There is an instinctive fear of new foods, especially in older birds. In the wild, this serves as a protective mechanism against being poisoned. So, offer new foods often and in the same manner before attempting a new method. Alternative methods to try are hanging the food on the side of the cage or preparing foods in different ways such as peeled or unpeeled, cooked or raw, and placing multiple foods in the same dish (smorgasbord). Most birds usually take upwards of 2 weeks in seeing a new food every day before first investigating and/or playing with the food and then actually trying to eat it. Above all...

**BE PATIENT WHEN IT COMES TO NEW FOODS WITH YOUR PET BIRD!!!** The rewards come in a longer living pet.

## Vitamin A content of Foods

Carrots	28.12	Cantaloupe	3.23
Sweet potatoes, Baked	21.82	Lettuce, Romaine	2.60
Sweet potatoes, Boiled	17.05	Persimmon	2.17
Sweet potatoes, Canned	15.07	Papaya	2.01
Jalapeno peppers	10.75	Broccoli	1.55
Kale	8.87	Pumpkin, Fresh cooked	1.08
Spinach	8.00	Green peas	0.92
Chard	7.19	Asparagus	0.91
Dandelion greens	7.00	Green snap beans	0.67
Squash, Butternut	7.00	Peppers, Sweet green	0.54
Peppers, Sweet red	5.70	Squash, Acorn baked	0.43
Mango	3.89	Squash, Zucchini	0.43
Collard greens	3.33	Squash, Acorn, Boiled	0.43

Units are given in RE (Retinol Equivalents) per gram of food.  
Thoroughly wash ALL fruits and vegetables.