

Many birds come to us in rescue on a seed only diet. This is problematic because seeds do not have the proper nutrition to keep a parrot healthy. Many parrots on seed only diets do eventually succumb to liver and/or heart disease and other medical issues caused from vitamin deficiencies which can shorten their lives and make them very unhealthy. Instead, try sprouting seeds, a more nutritious way to supply this favorite for most birds – but this should only be part of a balanced diet and should never be more than 10% of a birds diet, depending on the species. Please consult with your avian veterinarian for more information on what is the proper diet for your bird.

Below, you will find a great collection of articles, informational links and instructional videos to get you started on sprouting for your parrots - posted by The Parrot's Pantry at:

<https://www.facebook.com/groups/156496311144601/>

Sprouts for Animals by seedpeople.org

<http://sproutpeople.org/seeds/critter.html>

Sprouting Video by Pamela Clark

<http://www.youtube.com/watch?v=sUUD0SA2EUY&feature=youtu.be>

Go ahead and sprout something by Laura Ford

<http://abirdsbestlife.wordpress.com/2011/04/15/imagine-the-sproutabilities/>

How to sprout by Patricia Sund

<http://www.birdchannel.com/bird-diet-and-health/bird-nutrition/sprouts.aspx>

Soaks and Sprouts: A nutritonal powerhouse for parrots by Elle - Happy Cockatoo

<http://thehappycockatoo.wordpress.com/2012/04/01/soaks-and-sprouts-a-nutritional-powerhouse-for-parrots/>

Just sprout it by Shari on Speaking for Parrots

Part 1 <http://speakingforparrots.wordpress.com/2013/02/11/just-sprout-it-part-1/>

Part 2 <http://speakingforparrots.wordpress.com/2013/02/11/just-sprout-it-part-2-sprouting/>

Buying sprouts for your birds (check your local health food store first):

<http://sproutpeople.org/seeds/critter.html>

<http://www.rainbowparrots.com/sprouts.php>

<http://totallyorganics.com/t-seeds.php>

<http://www.nuts.com>

<http://www.bestbirdfoodever.com/home/wp>