

Fresh Foods High in Vitamin A

(Listed in order of Vitamin A content from most to least)

Carrots
Carrot juice
Sweet potatoes
Dandelion greens
Jalapeno peppers
Kale
Spinach
Chard
Squash (butternut)
Beet greens
Peppers (sweet red)
Mustard greens
Parsley
Watercress
Squash
Mango
Collard greens
Cantaloupe
Amaranth leaves
Lettuce (romaine)
Passion fruit
Escarole (curly endive)
Papaya
Broccoli
Tomato

Pumpkin
Green peas
Asparagus
Peppers (hot green)
Nectarines
Passion fruit (purple)
Peas (green snap)
Peaches
Peppers (sweet green)
Squash (acorn)
Watermelon squash, Zucchini
Plum
Bok choy
Corn, yellow
Grapefruit (pink)
Cherries
Peas (green with pods)
Orange juice (fresh)
Blackberries
Kiwi
Alfalfa sprouts
Raspberries
Leeks
Strawberries
Pears

Special Notes:

1. A good rule of thumb is that orange fruits & veggies usually have lots of vitamin A.
2. Remember to thoroughly wash all fruits & vegetables.
3. Fresh foods are recommended over cooked, unless they are better accepted warm.
4. Avoid vitamin supplements if your bird is eating 75% or more pellets, or Vitamin A toxicity may occur!



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