

Parrots and Obesity:

A Parrot Can Get Fat:

We all know that gaining weight can be so easy and losing that weight can be so hard. Most people have dealt with weight problems at some point in their life, and they can understand just what a struggle that can be. Of course, what is true for humans can be true of any living thing, including your pet.

You most likely have seen an overweight dog or cat. Did you know that obesity can affect your parrot as well? The problem with parrots is that they have such a delicate balance of dietary needs that it can be quite a challenge to keep them at a healthy weight. This is especially true for small breed parrots since even the minutest weight change can have a big effect on the bird's health. You certainly do not want an underweight bird, since this can leave the parrot open to all types of illnesses. However, overweight birds are not healthy either

The Danger of Obesity for Parrots:

Obesity is dangerous for birds in the same way that it is dangerous for humans. Carrying too much weight can be harmful for the bird's overall health. Additionally, too much fat and cholesterol can cause serious heart problems for your parrot. Additionally, a weight problem can make everyday life uncomfortable for your parrot since it will not be able to play, fly or walk with as much ease.

Dealing with Obesity in Your Bird:

If you realize your parrot is obese, then you need to make sure you get a handle on the problem as soon as possible. The first thing that you need to do is evaluate your parrot's current diet. Chances are that the diet is high in fat. This can happen easily without you even realizing that you are feeding your bird an unhealthy diet. The main culprit of high fat is nuts and seeds. These items should be cut back and replaced with more fruits and vegetables. Of course, your bird needs a base food to take the place of the high fat nuts. You can choose grains, but an even better option is pellets. These pellets are especially designed to provide a low fat, high nutrient meal.

Do Not Underfeed Your Parrot:

Many people think that they can put their bird on a diet by cutting the amount they feed the bird. However, for your bird, this is quite dangerous. It still needs to get plenty to eat, or it can very easily become malnourished. Instead of feeding it less, you simply need to substitute some of its foods. The more fruits and vegetables you feed your bird, the better.

Just remember that it does need some amount of fat through nuts and seeds. It just needs less of those items.

A parrot can become pudgy too. In fact, an obesity problem can happen quite quickly in such a small animal. If you realize your bird is gaining too much weight, then you need to go ahead and take action to remove the high fat items from your bird's diet.