Parrot Chop Ingredient Quick Reference

How to use this guide

This guide is based on the Balanced Natural Diet framework from Flock About Nutrition. When building a vegetable chop, choose a varied mix of approximately 7–10 ingredients from the Foundation, Supporting and Limited categories.

All ingredients listed are parrot-safe foods. They are grouped by their practical role in a well-balanced vegetable chop for companion parrots—not by calories alone. Categories also consider nutritional contribution, sugar/starch, palatability and storage suitability.

Foundation Ingredients

~50% of daily chop

Use most often—the regular base of a varied vegetable chop.

Rocket (arugula) - spinach - silverbeet (chard) - Asian greens (pak choi, bok choy, choi sum) - green cabbage - red cabbage - beet leaves - radish leaves - carrot tops - herbs (parsley, coriander (cilantro), dill, basil, oregano, thyme, marjoram, rosemary, fennel fronds) - celery leaves only - fennel bulb - zucchini - pattypan squash - okra - kale - broccoli - cauliflower - Chinese broccoli (gai lan)

Supporting Ingredients

~35-40% of daily chop

Use alongside Foundation choices for variety, colour and texture.

Kohlrabi - radish (daikon and small red radish) - capsicum (bell pepper) - pumpkin - turnip - swede (rutabaga) - Brussels sprouts - chilli - green beans - ginger* - turmeric*

**Ginger and turmeric are micro-amount additions, not bulk chop ingredients.*

Limited Ingredients

~10-15% of daily chop

Use in deliberately smaller amounts—do not let these become the bulk.

Sweet potato - corn - beetroot - carrot - parsnip

Treat Foods

Offer separately or in very small amounts—not a stored-chop base.

Peas - snow peas - sugar snap peas - cucumber - fruit (apple, banana, pear, orange, mandarin, grape, kiwifruit, pineapple, melon, strawberry, blueberry, raspberry, blackberry, lemon, mango, passionfruit, papaya (pawpaw), pomegranate, guava, grapefruit)

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