

**ALL ORGANIC Ingredients!**

**NEW!**

# GOOD STUFF™

## BIRDIE BREAD

NO GMOs  
NO Peanuts  
NO Soy  
NO Wheat

Good Stuff™ Birdie Bread is a cut above regular birdie bread. We researched and hunted down the finest organic ingredients for their specific health benefits and mixed them together to make it easy for you to feed your parrots a treat worthy of their love. All you do is add easy-to-find ingredients (1 egg, and 2 jars of organic baby food fruits and/or vegetables), mix and bake to give your birds a wholesome, beneficial treat!

INGREDIENTS: Quinoa Flour, Spelt Flour, Garbanzo Bean Flour, Flaxseed, Oatmeal, Corn Meal, Freeze Dried Fruits & Vegetables, Hulled Millet, Pumpkin Seeds, Sunflower Seeds, Cinnamon, Aluminum-free, Non-grain Baking Powder, Alfalfa Leaf, Rose Hips, Dandelion Leaf, Ginger, Bee Pollen\*, Nutritional Yeast Flakes, Garlic.

\*Organic, but not "certified"

Good Stuff™ Birdie Bread is complete without add-ins, but to increase the beneficial aspects try the following\*\*:

Add 1 or 2 Tablespoon Red Palm Oil for anti-oxidants, carotene and Vitamin A

Add 1/2 cup of your bird's favorite pellets.

1/2 to 1 cup of chopped broccoli, or other fresh or frozen vegetables

Dried, unsulfured fruits.

Substitute 1 cup organic squash, pumpkin, applesauce, or mashed banana for the baby food.

**Macaws** — Add 1/2 cup chopped walnuts and 1/2 cup fresh blueberries

**African Greys** — Add 1/2 cup chopped broccoli and 2 Tablespoons red palm oil

**Conures & Caiques** — Add 1/2 cup organic, unsulfured raisins or dried papaya chunks

**Quakers & Amazons** — Add 1/2 cup chopped dandelion greens and 1/2 cup chopped broccoli

**Cockatiels, Budgies** — Add 1/2 cup of their favorite seed mix

**Lovebirds, Parrotlets** — Add 1/2 cup raspberries

**For feather pickers\*\*** — Use only one jar of baby food and substitute 1/2 cup of chamomile tea for the other. Add 2 Tablespoons of red palm oil, 2 Tablespoons orange juice.

**For chronic egg-layers/calcium deficiencies\*\*** — Avoid sweet potatoes or yams as an add in (items high in natural sugars can stimulates egg production). Use squash instead. Add 1/2 cup slivered almonds and 1/2 cup chopped broccoli, chinese cabbage (Bok Choy), or kale.

**For aiding liver function\*\*** — Add 1/2 cup dandelion greens, 1/2 cup brussel sprouts or watercress.

**For aiding metal toxicosis\*\*** — Add 1/2 cup cilantro and 1/2 cup watercress

**For aiding malnutrition\*\*** — Add 1/2 cup chopped dandelion greens (stimulates appetite) and 1/2 cup of your bird's favorite pellets

**For aid in recovery from illness\*\*** — Use applesauce and/or banana instead of baby food (pectin can stimulate the immune system). Add 1/2 cup of your bird's favorite pellets. Add 1/4 teaspoon cayenne pepper. Use yogurt as a spread on top of the baked bread. Sprinkle with flax seeds.

\*\*We make no specific health claims. This Birdie Bread is a treat, or an aid to help enhance your bird's diet. It is not a complete diet. For diet advice for your particular bird, see your avian veterinarian.



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