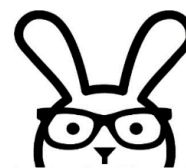


Chop Recipe

Chop is a great way for your birds to experience a variety of different vegetables which help them get all their daily nutritional needs met. It is not fed as a sole diet but can be fed alongside formulated pellets, other fresh foods and seeds recommended by your veterinary professional (Alongside chop we would strongly recommend feeding Harrison's bird pellets and only feeding seeds as a treat or for training purposes).



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Chop should be made up of mostly vegetables with a few fruits added to give the healthiest mix for your bird and help prevent any gastro upsets from too much sugar. You do not need to use all the things on this list.

Things you can include (Bulk of chop):

- Broccoli
- Watercress
- Wild Rocket
- Kale
- Cauliflower
- Capsicum
- Beetroot (Raw)
- Boiled potato (ensure not to boil in a non stick pot as this is toxic)
- Peas
- Corn
- Alfalfa or Snow pea shoots
- Any sprouted beans

Fruit you can add (in moderation):

- Apple/Pear
- Mango
- Peach
- Melon
- Pawpaw (including seeds)

(Fruits such as Grapes, kiwifruit, banana and oranges can cause diarrhoea and gastro upset so only use small quantities)

Good Seeds for treats or to help your bird adapt to eating fresh greens include:

- Millet
- Linseed
- Hemp
- Rape seed
- Sunflower
- Pumpkin