



## Conure Feeding Guide & Diet Chart

Time	Food Type	Quantity
Morning (7-9 AM)	Pellets + Fresh Veggies	2-3 tbsp pellets + 1-2 tbsp veggies
Midday (12-2 PM)	Fruits (variety)	1-2 tbsp
Evening (5-7 PM)	Pellets / Seeds mix	2 tbsp
Weekly (2-3x)	Nuts (treat)	1-2 small pieces
Always	Fresh Water	Unlimited (change daily)

### Safe Food List for Conures

Vegetables: Carrots, broccoli, spinach, kale, bell peppers, sweet potatoes.

Fruits: Apples (no seeds), bananas, berries, mango, papaya, grapes.

Grains: Brown rice, quinoa, oats.

Protein: Cooked eggs, legumes, lentils.

Avoid: Avocado, chocolate, caffeine, onion, garlic, alcohol.

### Detailed Feeding Guide

Conures require a balanced and varied diet to maintain optimal health, vibrant feathers, and high energy levels. A high-quality pellet should form the foundation of their daily nutrition, making up approximately 60–70% of their diet. Pellets are specially formulated to provide essential vitamins and minerals that may be lacking in seed-only diets. Fresh vegetables should be offered daily and make up about 20–25% of their intake. Leafy greens such as spinach and kale are excellent for calcium and iron, while colorful vegetables like carrots and bell peppers provide vitamin A and antioxidants. Fruits should be given in moderation (5–10%) because they contain natural sugars. Always wash produce thoroughly and remove seeds from fruits like apples. Seeds and nuts should be treated as occasional treats rather than staples. While conures love them, seeds are high in fat and can lead to obesity and liver issues if overfed. Nuts like almonds and walnuts are nutritious but should be limited to small portions. Fresh, clean water must be available at all times and replaced daily to prevent bacterial growth. It is also important to monitor your bird's eating habits and adjust portions based on activity level, age, and health condition. Avoid feeding toxic foods such as avocado, chocolate, caffeine, alcohol, onions, and garlic, as these can be harmful or even fatal to birds. Additionally, never feed processed or salty foods. Providing variety is key to preventing boredom and ensuring nutritional completeness. Rotate fruits and vegetables regularly and introduce new foods slowly. Observing your conure's preferences can help you create a diet they enjoy while still maintaining balance. A proper diet combined with regular exercise and mental stimulation will help your conure live a long, healthy, and happy life.