



Lovebird Safe Food List & Feeding Chart (Vet-Based Guide)

This guide provides a vet-informed safe food list for lovebirds including recommended quantities and feeding guidance.

Food	Type	Quantity	Notes
Apple (no seeds)	Fruit	2-3 slices	Fiber rich
Banana	Fruit	2-3 slices	Potassium
Grapes	Fruit	1-2	Hydration
Mango	Fruit	Small cubes	Vitamin A
Papaya	Fruit	Small cubes	Digestion
Blueberries	Fruit	2-3	Antioxidants
Strawberries	Fruit	1-2	Vitamin C
Pear	Fruit	Slices	Hydrating
Orange	Fruit	Small amount	Occasional
Carrot	Veg	Shredded	Vitamin A
Spinach	Veg	Small	Iron
Kale	Veg	Small	Calcium
Broccoli	Veg	Small	Fiber
Peas	Veg	Few	Protein
Corn	Veg	Small	Energy
Cucumber	Veg	Slices	Hydration
Zucchini	Veg	Slices	Low cal
Bell pepper	Veg	Small	Vitamin C
Sweet potato	Veg	Cooked small	Beta carotene
Brown rice	Grain	1 tsp	Energy
Quinoa	Grain	1 tsp	Protein
Oats	Grain	Small	Fiber
Whole wheat bread	Grain	Small	Occasional
Millet	Seed	Small	Staple
Sunflower seeds	Seed	2-3	Fat

Food	Type	Quantity	Notes
Canary seed	Seed	Small	Balanced
Almonds	Nut	1-2	Healthy fats
Walnuts	Nut	Small	Omega
Pumpkin seeds	Seed	Few	Minerals
Boiled egg	Protein	Small	Protein

Time	Food	Quantity
Morning	Pellets + fruit	1-2 tbsp
Afternoon	Vegetables	1 tbsp
Evening	Seeds/nuts	Small

Disclaimer: This guide is for educational purposes only. Consult an avian veterinarian.