

■ Download Sun Conure Feeding Chart PDF

This vet-informed feeding chart is designed to help maintain a balanced diet for your sun conure. It includes daily food portions, variety guidelines, and feeding timing recommendations.

Time	Food Type	Recommended Items	Portion Size
Morning (7–9 AM)	Fresh Fruits	Apple, Banana, Papaya, Mango	2–3 tbsp
Midday (12–2 PM)	Pellets (Primary Diet)	High-quality pellets	3–4 tbsp
Evening (5–7 PM)	Vegetables	Carrots, Spinach, Broccoli, Peas	2–3 tbsp
Occasional (2–3x/week)	Protein	Boiled egg, lentils	1–2 tbsp
Treats (1–2x/week)	Seeds/Nuts	Sunflower seeds, almonds	Small amount

Important Notes:

- Fresh water must be available at all times.
- Avoid avocado, chocolate, caffeine, and alcohol.
- Rotate foods weekly for nutritional balance.
- Consult an avian vet for specific dietary needs.