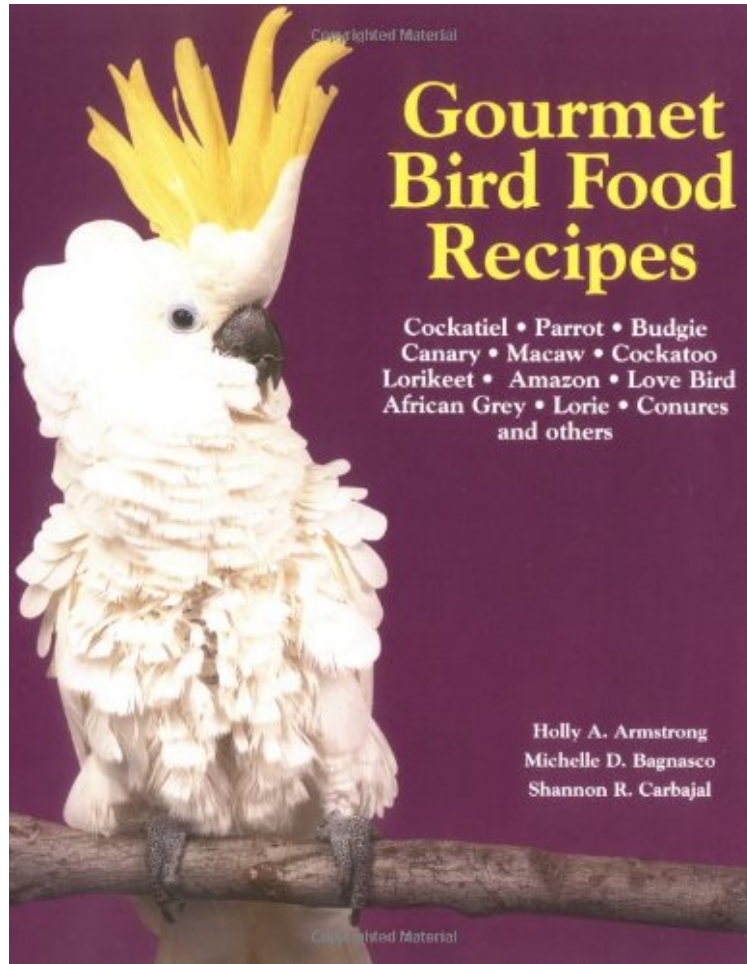


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Gourmet Bird Food Recipes (Pet Care Books)

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Holly Armstrong, Michelle Bagnasco : Gourmet Bird Food Recipes (Pet Care Books) before purchasing it in order to gage whether or not it would be worth my time, and all praised Gourmet Bird Food Recipes (Pet Care Books):

0 of 0 people found the following review helpful. Good book By Pattievery good book; lots of good recipes. 0 of 0 people found the following review helpful. Five Stars By Jmaury08 Good recipes 5 of 5 people found the following review helpful. Bad Ideas! By Schutz This book is written by vegetarians who have no idea what a "healthy" diet is. I, myself, am a vegetarian, and wouldn't consider any of the recipes in this book to be healthy for a parrot OR a human to eat on a regular basis. Occasionally, in moderation, or as a special training treat, some of these items are okay. Loads of dairy products (which do more harm than good to all of us) and loads of saturated (and unsaturated) fat, sugar, oils, etc. Yuck! This book is also full of outright misinformation. For example, the author states that birds have a "palate nearly as sophisticated as that of a human." Humans have an average of 10,000 taste buds. Parrots have, on average, 400-500. I wouldn't call that similar at all! Much of this book's pages are filled with anecdotes and stories which would

be better suited to one of the "Chicken Soup for the Soul" books rather than a recipe book for birds. The authors have no formal (or informal) education in behavior, nutrition (human, parrot, or otherwise), veterinary care, or animal husbandry; this book is based entirely on their opinions and personal experiences. While the recipes are flexible and you can easily substitute a healthier ingredient for a less healthy one, this book is not appropriate for people who are new to bird keeping and who have no knowledge of nutrition in general (and species-specific nutrition, in particular - remember, unlike cats and dogs, which are comprised of multiple breeds within their species, parrots and birds are actually different species of animals.) Different species have different vitamin, mineral, carbohydrate, protein, and fat requirements, and the recipes in this book aren't appropriate for many species without adding, subtracting, or substituting ingredients.

This is a cookbook for people who really love their pet birds, and want to feed them healthy and delicious food. It's important to introduce variety into your bird's diet, and this cookbook will help you do just that. Sections include Breads and Pastries, Vegetable and Fruit Dishes, Potatoes and Eggs, Entrecute;es for You and Your Bird and?of course?Treats.