

Flite Avian Health & Flite Aviaries NQ 2023

Primary Ideas of Nutrient levels in Foods

For all Parrots especially Frugivores & Lories - Low Iron/C Intake

With reasonable levels Vitamins A(Proteases), E & K. Thru Peer Interest (for all Parrots) I have included some Seeds & Grains, as well as some Nuts & expanded into Calcium, Protein/Amino Acid, Total Carbs & Total Fats.

Fwd Slash (/) may indicate difference in Varieties or generally found figures.

Below does NOT indicate any Anti-bacterial, Anti-oxidant or Toxic effects

Red * Not Great Yellow * Fair Green * Good poss. **BUSH TUCKER**

Produce	Vita. A /Proteaser IU/100g	Iron mg/100g	Vita. C mg/100g	Vita. E mg/100g	Vita. K Mcg/100g	Calcium Mg/100g	Protein/ Amino Acid score	Carbos g/100g	Total Fat g/100g
Acai flesh	1002 *	4.8 *				260	8.1g	51	32.61
African Morinda roots/Leaves	74/7564	0.36/4.0	141/51.7			30/185	2.1/9.4g	8.53/8.28	0.2/1.4
Almond	1.0 *	3.5 *	0.0 *	24.9 *	0.0 *	251	21g/54	20.6	49.42
Alfalfa Sprouts	51/155 *	0.3/9 *	2.7/8.2 *	0.0/0.2 *	10/30.5 *	3210.6	3g	0.7/2.1	0.2/7
Amaranth Greens	2917 *	2.3 *	43.3 *	-	1140 *	215	2.5g/101	3.0	0.2
Amaranth Seed	2 *	7.61 *	4.2 *	1.19 *	0.0	159	14g	65	7
Apple	67.5 *	0.1 *	5.7 *	02 *	2.8 *	7.5	1.4g/31	17/11	0.2

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ButterNut Squash Raw/Cooked	10630/3339*	0.7/.58 *	21/3.5 *	1.44/- *	1.1/- *	48/16	1g/1.1g	12/2	0.1/.1
CapsicanYellow	200 *	0.43 *	127/185 *	1.58 *	4.9 *	11	1.0g	6.3	0.2
Cayenne	41610 **	7.8 *	76.4 *	29.83 *	80.3 *	148	12g	57	17
Chilli Hot Dried	29650 **	15.0 *	1.0 *	38.14 *	105 **	330	13g	50	14
Capsican Green	530 *	0.5 *	109 *	0.3 *	6.4 *	8.1	87	4.3	0.1
Capsican Red	428 *	0.5 *	64.7 *	0.3 *	6.3 *	6.3	93	4.0	0.2
Chilli Jalapeno	719/1078 *	0.6/.25 *	40/118 *	0.4/3.8 *	8.7/18.5 *	9/12	0.9g/89	5.6/6.5	0.6/.4
Carrot Raw/Baby	11	0.4 *	7.6/2.6 *	0.8/- *	16.9/9.4 *	42.2/32	0.6g	12.3/8.2	0./1
Cedar Bay Cherry	640	-	7	-	-	-	1.0g	16	-
Celery	449 *	0.2 *	7/3.1 *	0.1/.27 *	32.2 *	44.0	0.7g/52	3.8	0.2
Cherries flesh	88/64 *	0.4 *	7.0 *	0.1 *	2.9 *	17.9/13	1.1g/5	22.1/16	0.3
Chickpeas	134/64 *	12.5/4.3 *	8/4 *	1.6/.82 *	18/9 *	210/57	20g/106	121/63	12.1/6
Chicory Greens	3200 *	0.7 *	24 *	0.7/2.2 *	86/297 *	100	21	1.4	0.2
Coriander Seeds	0 *	16.32 *	21 *	-	-	709	12g	55	18
Coriander Leaf	5850 *	42.4 *	566 *	103 *	1359 *	1216	22g	52	4.8

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Cranberry	66 *	0.25 *	14.6 *	1.3 *	5.6 *	8.8	0.5g/62	13.4/12	0.13
Cucumber	54/72 *	0.1 *	1.5/3.2 *	0.03 *	8.0 *	8.3	0.6g/62	1.9	0.2
Cummin Seeds	1270 *	66.36 *	7.7 *	3.3 *	5.4 *	762	-	44	22
Coconut	0.0 *	1.9/2.4 *	2.6/3.3 *	0.2 *	0.2 *	11/14	3.3g/87	12/15	26/33
Dandelion Root	5070 **	7 *	35 *	3.4 *	778 **	187	2.7g	5.1/9	0.6
Dandelion Greens	10161 **	3.1	19.3	1.9	428 **	103	1.5g	9.2	0.7
Dates	14/149 *	1.5/9 *	0.6 *	0.1 *	4.0 *	57.3	1.8g/53	110/75	0.6/02
Desert Lime	-	-	-	-	-	-	10.1	22	0.0
Dragonfruit	10	0.7	2.5	-	-	18	1.7g	11	1.1
Emu Berry	-	-	7	-	-	41	3.8g	22.3	0.8
Endive	1116/2167 **	4.3/0.8 *	33.3/6.5 *	2.3/0.5 *	185/231 *	67/52	3.4g/17	58	6.4
Fenugreek	60 *	33.53 *	3 *	-	-	176	23g	58	6.4
Fig Domestic	90/142 *	0.3 *	1.3/2 *	0.11 *	4.5 *	22/35	0.8g/78	12.3/19	0.2/0.8
Fig Cluster	-	1.3 *	1.0 *	-	-	30/72	1.3g/28	15/0	0.6
Fig Sandpaper	-	-	-	-	-	-	2.7g	30.1	0.7

Elite Avion Health & Elite Avionaries N° 2023

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Flax Seed	0 *	9.6 *	1.0 *	0.5 *	7.2 *	428	18g/92	48/29	70.8/42
Gooseberry	435/290 *	0.5 *	41/27 *	0.6/.3 *	-	428	18g/92	4/29	70.8/42
Grapes	99.7/66 *	0.5 *	16.3/3.2*	0.3/1.9 *	22/14.6 *	15./10	0.7g/51	27.3/18	0.2
Guava	1030/624*	0.3 *	377/228*	1.0 *	4.3/2.6 *	29.7/18	2.6g/24	23/14	1.4
Honeydew Melon	88/50 *	0.3 *	31/18 *	0.05 *	5/2.9 *	10/6	0.5g/51	16.1/9	0.2
Jaboticaba	-	-	22	-	-	6	1.0g	13	0
Kale	10302 *	1.1 *	80/120 *	1.54 *	547/704 *	90/150	4.3g/92	6.7	0.5/.9
Kiwifruit	154/85 *	0.5 *	164/92 *	2.0 *	71.3/40 *	34	1.1g/105	25/15	0.7
Kumquat	290 *	0.9 *	44 *			62	1.8g	16	-
Langsat	131 *	0.9 *	8 *			10	0.8	9.5	-
Lavender	287 *	2 *	12 *			215	1g	11	1
Lemon Aspen	31	-	1	-	-	6	2.7g	11.67	46
Lentil Sprouts	45 *	3.0 *	12/16 *	-	-	19/25	9g	17/22	0.5
Lentil Raw	39 *	6.51 *	4.5 *	0.49 *	5.0 *	35	25g	63	1.1
Lillypilly	-	-	-	-	250	100	0.9g	18.4	0.4

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Lychee	0 *	0.6 *	136/71 *	0.5 *	0.6 *	9/5	0.8g	31/17	0.6
Mango flesh	1262 *	0.2 *	45.7/36 *	1.8/9 *	6.9/4.2 *	9/5	0.8g	31/17	0.6
Macadamia	-	3.69	1.2	0.024	-	85	7.9	13.82	75.77
Millet	0 *	6.0/3.0 *	0.0 *	0.05 *	1.8/0.9 *	8	11g/38	146/73	8.4/4.2
Mung Beans Sprouts/raw	236/114 *	14/6.7 *	9.9/4.8 *	1.1/0.5 *	18.6/9 *	132/60	24g/	63/130	1.2/2.4
Mustard Seed	31 *	9.21 *	7.1 *	19.82 *	5.4 *	266	0.08g/26	28.09	36.24
Nonda Plum	-	17	1.0	-	-	-	2.8g	8.7	3
Oats	0 *	7.4/4.7 *	0	-	-	-	81	143	6.3
Okra	375/716 *	0.8 *	21.1 *	0.3 *	53/31 *	81	1.9g/79	7.0	0.1
Orange	230 *	0.09 *	48.5 *	0.18 *	0 *	40	0.9g	12	0.1
Oregano	6903/1700*	44/36 *	50 *	18.86 *	621 *	1597	9g	68.92	4.28
Passionfruit	1274 *	1.6 *	30 *	0.02 *	0.7 *	12	2.2g	23.38	0.7
Pandan Green/Dry Leaf	-	-	-	-	-	-	35g/29g	60/47	0.0/4
Pandanus/Hala		5/7 *	5 *			134	1/2.2g	17	1

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Papaya	1531/950 *	0.2 *	86/60 *	1.0 *	3.0 *	33/20	0.5g/7	13/11	0.26
Pea & Carrot frozen	6648/9497*	0.8/1.1 *	7.8/11.2 *	-	-	18.9/27	3.4g/82	7.8/11	0.3/0.5
Pea – Green	1109/765 *	2.1/1.4 *	58/40 *	0.2 *	36/12 *	36.2/25	5.4g/84	21/14	0.6/0.4
Pea – Snow	1065 *	2.0 *	58.8 *	0.4 *	24.8 *	42.1	34	7.4	0.4
Pea – Sprouts		2.7 *	12.5 *	-	-	43.2	10.6g	32.5	0.8
Peach flesh	570/326 *	0.4 *	11.6/6.6 *	1.3/.7 *	4.6/2.6 *	10.3/6	0.9g/54	9.5	0.3
Peanut raw	0.0 *	6.7/4 *	0 *	12.2/8.3 *	0 *	92	26g/70	23.5	71
Pear	34/25 *	0.25 *	6.2/3.8 *	0.2 *	6.7/4.4 *	13/4	0.4g/29	22/11	0.2
Peppermint	4648 *	5.08 *	31.8 *	-	-	243	3.8g	15	0.9
Persimmon	81 *	0.15 *	7.5 *	0.73 *	2.6 *	253	0.1g	18.59	0.19
Pine Nuts	39/29 *	7.5/5.3 *	1.1 *	12/9.3 *	72/53 *	21/16	14g/77	17/13	92/68
Pineapple	95.7/52 *	0.5/2 *	78.9/16 *	0.02 *	1.2/0.7 *	21.5/13	0.6g/81	21.6	0.2
Plum flesh	569/345 *	0.3 *	15/9.5 *	0.4 *	10/6.4 *	9.9/6	0.7g/39	18/11	0.5/.3

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Pomegranate	0 *	0.5 *	28/10.2 *	1.7/0.6 *	46/16.4 *	28/10	1.7g	52/1	3.3/1.2
Poppy Seeds	0 *	9.76 *	1.0 *	1.77 *	0 *	1433	18g	28	42
Poppy Seed Sprouts	-	7.7	6.0				12g	22	40
Prickly Pear	25	0.3	14	0	-	56	2.5g	9.6	0.5
Pumpkin Raw	8567 *	0.9 *	10.4 *	1.2 *	1.3 *	24.4	1.0g/56	7.5/6.5	0.1
Pumpkin Cooked	12231 *	1.4 *	11.5 *	2.0 *	2.0 *	36.7	56	12	0.2
Pumpkin Seeds	524/16 *	20/8.2 *	2.6 *	0/2.2 *	70.9/7.3 *	59/46	30g/136	24/11	63/49
Quandong	-	16	-	-	-	133	2.5g	8.1	0
Quinoa raw	23.8 *	7.8 *	-	4.1 *	0 *	-	10g	109	10.3
Quinoa Sprouts		4.				32	12g	58	8
Radish	8.1 *	0.4 *	17/14.8 *	0 *	1.5 *	27	0.7g/83	4.0	0.1
Radish Sprouts	20.0 *	0.6 *	11/28.9 *	-	-	20/51	3.8g/80	1.4/3.6	1/2.5
Raspberry	40.6/33 *	0.8 *	32/26 *	1.1 *	9.6 *	30.7/25	1.2g	14.7	0.8
Riberry		4.0			36.4	307.7			
Rice Wild Raw	19.0 *	1.96 *	0 *	0.82 *	1.9 *	21	15g	75	1.1

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