Analyses of various food sources applicable to budgerigar nutrition

FOOD 100g EDIBLE RAW UNCOOKED	ENERGY					FAT SOLUBLE				WATER SOLUBLE VITAMIN				MINERAL ELE-MENTS	
	WATER (g)	KILOCALORIE (KCal)	PROTEIN (g)	FAT (g)	CARBOHYDRATE (g)	VITAMIN A (µg)	VITAMIN D (µg)	VITAMIN B_1 (mg)	VITAMIN B_2 (mg)	NIACIN (mg)	FOLIC ACID (µg)	VITAMIN B_{12} (µg)	VITAMIN C (mg)	CALCIUM (mg)	IRON (mg)
FRUIT															
Oranges	86.0	49	1.0	0.2	12.2	2.0	0	0.1	0.03	0.2	13	0	50	41	0.4
Pears	83.2	61	0.5	0.4	15.5	0.2	0	0.02	0.04	0.1	4	0	4	8	0.3
VEGETABLES															
Cabbage	90.0	31	3.0	0.4	5.6	20	0	0.05	0.06	0.3	60	0	45	47	0.9
Carrots	88.6	40	1.1	0.2	9.1	1100	0	0.06	0.12	0.6	15	0	8	37	0.7
Celery	94.1	17	0.9	0.1	3.9	24	0	0.05	0.03	0.4	—	0	9	39	0.5
Lettuce/Chickweed	95.1	14	1.3	0.2	2.5	97	0	0.06	0.07	0.3	24	0	8	35	0.2
Maize/Sweetcorn	72.7	96	3.5	1.0	22.1	40	0	0.15	0.12	1.7	27	0	12	3.0	0.7
Soybean/Dried	10.0	403	34.1	17.7	33.5	8	0	1.10	0.31	2.1	—	0	Trace	226	8.4
Spinach	90.7	26	3.2	0.3	4.3	810	0	0.10	0.20	0.6	176	0	51	106	3.1
Watercress	93.3	19	2.2	0.3	3.0	400	0	0.10	0.27	0.9	200	0	75	151	2.0
Yeast	71.0	86	12.1	0.4	11.0	Trace	0	0.71	1.65	11.2	40	Trace	Trace	13	4.9
GRAIN															
Maize	12.0	368	7.8	2.6	76.8	34.0	0	0.20	0.06	1.4	17	0	0	6	1.8
Millet	11.8	327	9.9	2.9	72.9	0	0	0.73	0.38	2.8	—	0	0	20	6.8
Canary	11.0	351	14.48	3.1	69.1	0	0	0.7	0.4	2.1	—	0	0	25	7.0
Oats	10.3	387	13.8	6.6	67.7	—	0	0.60	0.14	1.1	—	0	0	53	3.6
Soybean Flour	8	347	36.7	20.3	30.4	11	0	0.85	0.31	2.1	—	0	0	199	8.4
Wheat	12.6	331	12.1	2.1	71.5	40	0	0.55	0.12	4.3	25	0	0	41	3.3
Wheat Germ	11.5	363	26.6	10.9	46.7	65	0	2.0	0.68	4.2	257	0	0	72	9.4
Wheat/White Bread	39	251	7.8	1.7	49.7	0	0	0.18	0.03	1.4	6	0	0	100	1.7
Wheat/Whole Meal	36.4	241	9.1	2.6	49.3	0	0	0.30	0.10	2.8	22	0	0	23	2.5
SUGARS															
Honey	17.2	304	0.3	0	82.3	0	0	Trace	0.04	0.30	—	0	0.06	5	0.50
Sugar	Trace	385	0	0	99.5	0	0	0	0	0	0	0	0	0	Trace
NUTS															
Peanuts	1.8	582	26.2	48.7	20.6	36	0	0.33	0.13	17.1	28	0	0	74	2.2
Sunflower	4.8	560	24.0	47.3	19.9	5	0	1.96	0.23	5.4	—	0	0	120	7.1
OILS															
Cod Liver Oil	0	901	0	99.9	0	25500	213	0	0	0	0	0	0	0	0
MEATS															
Beef	69.0	196	19.5	12.5	—	Trace	Trace	0.08	0.17	4.7	4	2	—	11	2.9
Lamb	52.0	352	14.9	32	0	Trace	Trace	0.13	0.18	4.3	1.0	2	0	9	2.2
Liver	70.7	136	20.1	4.3	3.88	9600	0.74	0.35	2.90	16.0	155	80	30	10	10.5
Chicken/Cooked	67	251	19.5	12.6	0	400	Trace	0.08	0.12	7.4	—	—	—	11	1.5
MILK & EGGS															
Cows Milk/Pasteurised	88.5	64	3.2	3.7	4.6	42	0.15	0.04	0.15	0.07	5	0.3	1	116	0.04
Cows Milk/Skimmed	90.9	34	3.5	0.07	4.8	Trace	Trace	0.04	0.17	0.1	4	0.3	2	123	0.1
Goats Milk	84.6	71	3.6	4.2	4.8	40	0.05	0.05	0.12	0.2	0.7	Trace	2	129	0.1
Hard Cheese	37	398	35	32.2	2.1	390	0.25	0.03	0.46	0.1	6	1.5	0	750	1.0
Hen Egg — White	87.6	51	10.9	0.2	0.8	0	0	0.02	0.23	0.1	2	0.1	0	9	0.2
Hen Egg — Yolk	50.0	360	16.1	31.9	0.6	1020	8.75	0.32	0.52	0.02	47	5.0	0	140	7.2