

# SEEDS AND GRAINS

- **MACARONI (Pasta):** Source of carbohydrates. Eaten readily by hookbills when cooked.
- **MILLET:** A small round grain/seed. Varies in color from red to white depending on variety. High fiber, low fat, medium protein. Preferred by parakeets and sparrows.
- **MILO:** Can be red or white (Kafir). High in fiber, low in fat. Preferred by hamsters and gerbils.
- **MOLASSES (Cane):** By-product of sugar cane.
- **NYJER®:** Very small black seed. High in fat. Preferred by finches, pine siskins and other birds.
- **NUTS:** Excellent source of protein, fat, fiber.
- **OATS:** High in soluble fiber.
- **OAT GROATS:** Dehulled oats. Lower in fiber. Source of protein.
- **PAPITA:** Shelled interior portion of pumpkin seed.
- **PEANUTS:** A legume. Source of protein, fat and fiber. Preferred by many birds and small animals.
- **PEAS:** Legumes. Many varieties, shapes and colors. Source of protein and fiber.
- **PUMPKIN SEEDS:** Large flat white seed. High zinc.
- **RICE:** Natural brown or polished white. Source of fiber and carbohydrates.
- **RICE BRAN:** Bran layer and bran.
- **SAFFLOWER:** White kernel of safflower plant; source of protein, carbohydrates, fat.
- **SESAME SEED:** Small cream-colored seed. Source of protein and fat.
- **SOYBEAN MEAL:** Ground chips remaining after removing oil from soybeans; high protein.
- **SPRAY MILLET:** Dried harvested “branch” millet plant. Natural food treat for birds.
- **SUNFLOWER (California):** Grey & white (mostly white) sunflower seed grown in California. Lower in oil than other sunflowers.
- **SUNFLOWER (Black Oil):** Small black seed preferred by most birds. High protein, high content.
- **SUNFLOWER (Grey/Striped):** A black, white grey sunflower seed. High oil, used primarily human foods.
- **SUNFLOWER MEAL:** An ingredient obtained by grinding sunflower kernels after removing the oil.
- **SUNFLOWER CHIPS, HEARTS, KERNELS:** The kernel left over after removing the sunflower seed. High protein, high oil.
- **WHEAT:** High protein grain used in the industry. Generally not eaten by birds.
- **WHEAT MIDDINGS:** Fine particles of flour, wheat germ and wheat bran left over from processing whole wheat.
- **WHEY:** A milk by-product. High protein.
- **YEAST – BREWER’S DRIED:** A high protein yeast by-product which will not ferment. Natural source of B-Complex vitamins.

