Recently, the use of stable isotope analysis has been becoming increasingly common in ecological studies of animals. This interesting method is based on the premise that the isotope composition of consumer's tissues is related to the isotope composition of the sustenance consumed. This allows us to explore the contribution of individual food sources to the diet of species, populations or individuals, and at the same time to study their position in the trophic chains. The method enables us to research even omnivores, consuming variable food with different nutrients and isotope composition. Nevertheless, isotope values can differ depending on diet preferences, species physiology and the tissue type used for the analysis.

This review summarizes current knowledge and results in the topic of stable isotope analysis, particularly in ornithological studies where the approach in question has been used to study the diet and trophic position.