

Diet for Your Sugar Glider

(From Sugar Gliders R Us. Please do not reproduce with permission.)

Sugar Gliders need a well-balanced diet. We sell a variety of foods for Sugar Gliders that is in pellet form. These foods are a complete diet, however we recommend supplementing the pellets with fresh fruits and vegetables. *Glider Booster* adds additional vitamins, calcium, and minerals that should be mixed with the dry food. I recommend putting $\frac{1}{2}$ of the container of booster into the half gallon bag of pellets. Stir/shake it up really well so that the pellets are lightly coated with the booster. A table spoon of dry pellets needs to be given to them every night. It is best to feed them at night since they are nocturnal and that is when they eat. You will want to alternate their diet between fresh fruits and veggies. We buy bags of frozen/fresh mixed vegetables (do not use canned vegetables) and fresh fruits. Please stay away from preservatives. It is also important to give them extra protein. Mealworms and crickets are very high in protein. We carry the freeze dried ones if you don't like to handle live bugs. You can find protein in boiled chicken and eggs (don't add anything to them) or perhaps raw nuts (only a few every now and then). Babies also love baby food such as chicken, fruit, and veggies. We also offer a variety of treats that our glider love, but only need to be given as treats. You will need to give them fresh filtered or bottled spring water every day. You can give them nectar, such as we sell for a treat drink. NEVER GIVE YOUR GLIDER CHOCOLATE! We offer ours carob drops as a treat. It tastes and looks like chocolate, but it's safe for gliders as a treat. This may sound like a lot to remember, but after you've done it for a while you'll see how easy it is. Next you will find a list of foods, Leadbeaters recipe, and feeding schedule.

Our weekly feeding schedule looks something like this. We recommend you start off with this feeding schedule. As you learn more about what your gliders likes and dislikes you can alter this schedule to accommodate their needs and wants.

Weekly Feeding Schedule

Sunday	Protein Pellets (1Tablespoon)	HPW	Fruits/Veggies
Monday	Protein Pellets (1Tablespoon)	Yogurt	Insects Mealworms/Crickets
Tuesday	Protein Pellets (1Tablespoon)	Applesauce Unsweetened	Egg Hardboiled/Scrambled
Wednesday	Protein Pellets (1Tablespoon)	HPW	Fruit/Veggies
Thursday	Protein Pellets (1Tablespoon)	Yogurt	Insects Mealworms/Crickets
Friday	Protein Pellets (1 Tablespoon)	Baby Food	Chicken (boiled)
Saturday	Protein Pellets (1 Tablespoon)	HPW	Fruits/Veggies

This is a popular recipe that you may want to try with your glider. The new HPW is also a popular recipe that is easier to mix for your sugar gliders. You only add water to the HPW powder.

Leadbeaders Mix for Sugar Gliders

- 1/2 Cup Honey
1/4 Cup Apple Juice
1 Hard Boiled Egg (Shelled)
BLEND
- 1 Jar Gerber Baby Juice With Yogurt
2 Teaspoons of Glider Booster
BLEND
- 2 to 2 1/2 Stage 1 or 2 Baby Chicken
1/4 Cup Wheat Germ
1/4 Cup Baby Cereal
BLEND

Put mixture in a freezer safe container and freeze. It will freeze to the consistency of ice cream. Serve every 3 to 5 days to the Sugar Gliders. Approximately one melon ball sized scoop per glider.

Proper Foods and Treats

Fruits:

Apple (With or Without skin)
Apricots
Banana
Blackberries
Blueberries
Cantaloupe
Cherries (Sweet)
Coconut
Crab Apples
Cranberries
Custard
Apple Dates
Elderberries
Figs
Grapes
Grapefruit (do not feed everyday)
Honey
Honeydew Melon
Jackfruit
Java Plum
Kiwifruit

Kumquat
Lemon
Lemon Peel
Lime
Mandarins
Mango
Melon
Mulberries
Nectarine (do not feed every day)
Orange Peel (do not feed every day)
Orange (Navel & Valencia) (do not feed every day)
Papaya
Passion Fruit (Purple)
Peach
Pear
Pineapple
Plum
Prunes
Raisins
Raspberries
Strawberries
Tangerine (do not feed every day)
Watermelon

Vegetables:

Alfalfa
Artichoke
Asparagus
Avocado
Bamboo Shoots
Beets (Do not feed everyday)
Broccoli (Spears & Sprouts)
Brussels Sprouts
Cabbage (Green & Red)
Carrots
Cauliflower
Celery
Collard Greens (do not feed every day)
Corn (yellow) (do not feed every day)
Cucumber (With or Without skin)
Dandelion Greens
Green Beans (Snap Beans)
Kale (do not feed every day)
Mushrooms
Mustard Greens
Mustard Spinach
Okra
Parsley (do not feed every day)
Parsnips
Peas (Green) (do not feed every day)
Peppers (Sweet)
Pumpkin
Radish
Spinach (do not feed every day)

Squash (Acorn, Butternut, Hubbard, Spaghetti, Summer, Winter & Zucchini)
Sweet Potato
Tomato (Green & Red)
Turnip Greens (do not feed every day)
Watercress
Yams

Other foods they love

Chicken (make sure it's boneless & cooked) boiling it in water is best
Eggs (scrambled or boiled) DO NOT use oils when cooking
Insects (farm raised) crickets, mealworms, grasshoppers
Yogurt (do not feed every day)

Baby food stage 1 without onion powder, onion, garlic, etc.

Toxic foods - Foods to avoid - The NoNo's

Baby foods (containing onions or garlic for seasoning Most do not but check!)
Caffeine (coffee, tea, soda, chocolate etc.)
Canned foods or meat (most contain added salt and sugar)
Canned fruit (most contain added salt and sugar)
Cheese (could cause intestinal stoppage or "binding" leading to constipation)
Chives
Chocolate (It causes a toxic chemical reaction in many animals)
Dog food
Fat (any food with high or added fat)
Fried Foods
Garlic
Insects that are wild caught
Keels
Iceberg Lettuce (non-nutritional)
Milk
Millet (or other very small seeds)
Nuts (possible exception of a uncooked, unsalted penult for very rare extra special treats)
Onions
Pits (from fruit)
Processed meat
Phosphorus (No foods high in phosphorus. Use a calcium that does not contain phosphorous)
Raw eggs
Raw meat (except for live insects)
Rhubarb (Stocks can be toxins to mammals if not cooked, Foliage may contain toxins even if cooked)
Salt (any food with added salt)
Scallions
Seeds/Pits (including fresh fruit seeds) With the exception of unsalted sunflower seeds and pumpkin seeds possible
Sugar (refined sugar, table sugar) or foods with added sugar