

## Sugar Glider Food Portion Sizes

**Pay attention to the portion sizes you offer to sugar gliders.**

*By Audrey Pavia*

Give your glider the following portions of food each day:

Food Portion 1: One tablespoon of fresh fruit, such as apple, kiwi, pear, banana, honeydew, papaya, grape, cantaloupe, watermelon, mango or blueberry. Wash fruit thoroughly to remove dirt and pesticides before offering them to sugar gliders.

Food Portion 2: One tablespoon of fresh or frozen vegetables, such as tomatoes, sweet potatoes, green beans, shredded carrot, squash, or pumpkin, mixed sprouts, lettuce (not iceberg), broccoli or parsley. Wash vegetables thoroughly to remove dirt and pesticides before offering them to sugar gliders.

Food Portion 3: One tablespoon of nectar mix (i.e. Leadbeater's mix or other commercially prepared nectar mix for sugar gliders)

Food Portion 4: An unlimited amount of commercial pelleted sugar glider diet or insectivore/carnivore diet, available at all times.

Food Portion 5: Insects such as mealworms or other feeder worms, like earthworms or Phoenix worms, available at pet stores. Feed 10 to 12 small, 7 to 10 medium, or 3 to 5 large worms, 3 to 5 gut-loaded crickets per sugar glider per night. Sugar gliders also enjoy other insects such as beetles and grasshoppers. (Only gather insects from outdoors if you are completely certain no insecticides have been used in the area.) Uneaten insects that are still alive in the morning should be returned to their containers.