

| Glider Safe Fruit           | Ca:P Ratio                      | Glider Safe Fruit         | Ca:P Ratio |
|-----------------------------|---------------------------------|---------------------------|------------|
| Acerola                     | 1:1                             | Lime Peel                 | 4.5:1      |
| Apples                      | Skin On: 1:1<br>Skin Off: 0.5:1 | Longans                   | 0.04:1     |
| Apricots                    | 0.7:1                           | Loquats                   | 0.5:1      |
| Asian Pear                  | 0.4:1                           | Mammy Apple               | 1:1        |
| Avocado                     | 0.3:1                           | Mandarin Oranges          | 1.9:1      |
| Bananas                     | 0.3:1                           | Mango                     | 0.9:1      |
| Blackberries                | 1.5:1                           | Mulberries                | 1:1        |
| Blueberries                 | 1:1.6                           | Nectarine                 | 0.3:1      |
| Breadfruit                  | 0.5:1                           | Oheloberries              | 0.7:1      |
| Cantaloupe                  | 0.6:1                           | Orange Peel               | 7.6:1      |
| Carambola                   | 0.2:1                           | Oranges (Valencia)        | 2.3:1      |
| Carissa                     | 1.5:1                           | Oranges (Navel)           | 2.1:1      |
| Casaba Melon                | 0.7:1                           | Papaya                    | 4.8:1      |
| Cherimoya                   | 0.5:1                           | Passion Fruit             | 0.1:1      |
| Cherries (sweet)            | 0.7:1                           | Peaches                   | 0.4:1      |
| Coconut                     | 0.1:1                           | Pears                     | 1:1        |
| Crab Apples                 | 1.2:1                           | Persimmon                 | 1:1        |
| Cranberries                 | 0.7:1                           | Pineapple                 | 0.8:1      |
| Currants (European Black)   | 0.9:1                           | Pitanga (per 100 grams)   | 1:1        |
| Currant (Red & White)       | 0.7:1                           | Plantain                  | 0.1:1      |
| Currants (Zante)            | 0.6:1                           | Plums                     | 0.4:1      |
| Custard Apples              | 1.4:1                           | Pomegranate               | 0.3:1      |
| Dates                       | 0.8:1                           | Prickly Pear              | 2.3:1      |
| Elderberries                | 0.9:1                           | Prunes                    | 0.6:1      |
| Figs                        | 2.5:1                           | Pummelo                   | 0.2:1      |
| Gooseberries                | 0.9:1                           | Quince                    | 0.6:1      |
| Grapefruit (Pink & Red)     | 1.2:1                           | Raisins (Golden Seedless) | 0.4:1      |
| Grapefruit (White)          | 1.5:1                           | Raisins (Seedless)        | 0.5:1      |
| Grapes (American Slip Skin) | 1.4:1                           | Raisins (Seeded)          | 1:1        |
| Grapes (Concord)            | 1.4:1                           | Raspberries               | 1.8:1      |
| Grapes (European)           | 0.8:1                           | Rose Apple                | 3.6:1      |
| Ground Cherries             | 0.2:1                           | Roselle                   | 5.8:1      |
| Guava                       | 0.5:1                           | Sapodilla                 | 1.7:1      |
| Honeydew                    | 0.6:1                           | Sapote                    | 1.4:1      |
| Jackfruit                   | 0.9:1                           | Soursop                   | 0.5:1      |
| Java Plum                   | 1.1:1                           | Strawberries              | 0.7:1      |
| Jujube                      | 0.9:1                           | Sugar Apple               | 0.7:1      |
| Kiwi                        | 0.6:1                           | Tamarind                  | 0.6:1      |
| Kumquat                     | 2.3:1                           | Tangerine                 | 1.4:1      |
| Lemon                       | 4.0:1                           | Tomato (Green)            | 0.4:1      |
| Lemon Peel                  | 11.1:1                          | Tomato (Red)              | 0.5:1      |
| Lime                        | 1.8:1                           | Watermelon                | 0.9:1      |

It is important to remember that sugar gliders require a specific overall Ca:P (Calcium-to-Phosphorus) ratio in their diet of 2:1

Sugar Gliders should **NOT** eat the following items:

Garlic  
Onions

Chocolate  
Rhubarb

Sources:

- "Sugar Gliders – Living With and Caring For – Is This The Right Pet For You?" by Peggy Brewer, ISBN-13: 9781425944643
- <http://www.usda.gov/>

| Glider Safe Vegetable             | Ca:P Ratio | Glider Safe Vegetable                | Ca:P Ratio |
|-----------------------------------|------------|--------------------------------------|------------|
| Alfalfa Sprouts                   | 0.5:1      | Kohlrabi                             | 0.5:1      |
| Amaranth                          | 7.2:1      | Lambsquarters                        | 4.3:1      |
| Artichoke                         | 0.5:1      | Lettuce (Butterhead, Boston, & Bibb) | 1.4:1      |
| Asparagus                         | 0.4:1      | Lettuce (iceberg)                    | 2.7:1      |
| Baby Carrots                      | 0.6:1      | Lettuce (Red)                        | 1.2:1      |
| Bamboo Shoots                     | 0.6:1      | Lettuce (Romaine)                    | 0.8:1      |
| Beet Greens                       | 3.0:1      | Lima Beans                           | 0.4:1      |
| Beets                             | 0.4:1      | Lupines                              | 0.4:1      |
| Black-Eyed Peas                   | 1 : 3.45   | Mushrooms                            | 1:18       |
| Bok Choy                          | 2.8:1      | Mustard Greens                       | 2.4:1      |
| Broccoli                          | 0.7:1      | Mustard Spinach                      | 7.5:1      |
| Brussels Sprouts                  | 0.6:1      | Okra                                 | 1.3:1      |
| Cabbage                           | 2.0:1      | Parsley                              | 2.4:1      |
| Carrots                           | 0.6:1      | Parsnips                             | 0.5:1      |
| Cauliflower                       | 0.5:1      | Peas                                 | 1:4.4      |
| Celery                            | 1.6:1      | Potato                               | 0.2:1      |
| Chicory Greens                    | 2.1:1      | Pumpkin                              | 0.5:1      |
| Chinese Cabbage                   | 2.8:1      | Purslane                             | 1.5:1      |
| Collard Greens                    | 14.5:1     | Radish                               | 1.2:1      |
| Coriander (a/k/a Cilantro)        | 2.72:1     | Red Peppers                          | 0.5:1      |
| Corn (White)                      | .02:1      | Rutabagas                            | 0.8:1      |
| Corn (Yellow)                     | .02:1      | Snow Peas (a/k/a Sugar Snap Pea)     | 0.8:1      |
| Chick Peas (a/k/a garbanzo beans) | 1:14.55    | Soy Bean                             | 0.9:1      |
| Cucumber (Skin On)                | 0.7:1      | Okra                                 | 1.3:1      |
| Dandelion Greens                  | 2.8:1      | Spinach                              | 2.0:1      |
| Dill Weed                         | 3.2:1      | Summer Squash                        | 0.6:1      |
| Eggplant                          | 1.1:1      | Sweet Potato Leaves                  | 0.4:1      |
| Endive (Belgian)                  | 0.7:1      | Swiss Chard                          | 1.1:1      |
| Endive (Escarole)                 | 1.9:1      | Tofu                                 | 3.61:1     |
| French Beans                      | 1:1.05     | Turnip                               | 1.1:1      |
| Ginger Root                       | 0.5:1      | Turnip Greens                        | 4.5:1      |
| Green Beans                       | 1.0:1      | Watercress                           | 2.0:1      |
| Green Pepper                      | 0.5:1      | Winter Squash                        | 1.0:1      |
| Jew's Ear                         | 1.9:1      | Yams                                 | 0.8:1      |
| Jicama                            | 0.7:1      | Yellow Wax Beans                     | 5.1:1      |
| Kale                              | 2.4:1      | Zucchini                             | 0.48:1     |

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