



Sugar Glider Food List

What do sugar gliders eat?

Fruits

- 1. Apples
- 2. Grapes
- 3. Bananas
- 4. Blueberries
- 5. Strawberries
- 6. Kiwi
- 7. Papaya
- 8. Melon
- 9. Mango

Vegetables

- 1. Leafy greens
- 2. Carrots
- 3. Sweet potatoes
- 4. Bell peppers
- 5. Cucumbers
- 6. Zucchini
- 7. Broccoli
- 8. Cauliflower
- 9. Snap peas

Proteins:

- Insects (mealworms, crickets)
- Small portions of cooked lean meats (chicken, turkey)
- Hard-boiled eggs (in moderation)



Supplements:

- Calcium supplements (for bone health)
- Multivitamin supplements (to fill nutritional gaps)

Feeding Tips:

- Offer a variety of foods to ensure a balanced diet.
- Freshness matters; provide fresh fruits and veggies daily.
- Limit treats and sugary foods.
- Always provide fresh water in a sipper bottle.

