



**Pet Kare Clinic**  
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“Happy Pets, Happy People”

## **Sugar Glider** **Nutritional Recommendations**



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In the wild, the sugar glider's diet consists of sugary sap and gum from various trees, nectar from blossoms of eucalyptus and other plants, and various insects and arachnids. Although these animals readily accept fruits, nuts and grains, these are not a substantial part of their natural diet. However, much of the currently published information lists fruit as a major component of the captive diet, which contradicts their nutritional needs as observed in the wild.

Protein is an important factor in the nutritional health of sugar gliders. Insects, such as mealworms and crickets, provide a natural source of protein. Other protein sources include eggs, newborn mice and lean meats. Commercial foods that can be used in limited proportions include good quality dry cat food, monkey chow biscuits and baby cereal. Brisky's diet and Zoo Fare diet are specific diets available for them.

Another natural dietary component is sap and nectar, which provides the necessary carbohydrates required for their high metabolism. This can be provided by offering various nectar, honey, and artificial nectar products. Canned nectar of various varieties can be purchased from grocery stores. Examples of commercial products include prepared lorry diets and Gliderade (Avico). Leadbeater's Mix is a highly recommended homemade diet consisting of 150 ml warm water, 150 ml honey, 1 hard boiled egg, 25 grams of high protein baby cereal, and 1 tsp vitamin-mineral supplement. A broad spectrum avian vitamin and mineral supplement with a good calcium source is an important part of the diet when lightly sprinkled on the food daily.

Sugar gliders also ingest various plants and leaves in the wild. Leafy green vegetables can be provided as a source of fiber and certain vitamins. Sugar gliders accept a wide variety of other foods, including fruits, vegetables, nuts (peanuts or almonds) and seeds (sunflower and pumpkin). Some favorite fruits include apples, grapes, oranges, pears, melons, pineapple, papaya, kiwi, strawberries and blueberries. Fruit juices and strained baby food can be offered if free of preservatives. Since these foods are not a significant components of the natural diet, they should be offered in limited proportions.

### **Diet Sources:**

**Gliderade (Avico)** = artificial nectar supplement  
Cuttlebone Plus (760) 591-4951 – information, (800) 747-9878 – orders only

**Zoo Fare** = semi-moist insectivore diet  
PawPrint (206) 243-9061

**Brisky's Pellets** = pelleted sugar glider diet  
Brisky Pet Products (800) 462-2464

**Crickets & Mealworms** = insects for protein  
Fluker Farms (800) 735-8537

