

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 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 9Red)	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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