

Diet is a very controversial subject and everyone has their own opinions. I will provide some information on the most popular diets and my best advice is to do your own research as well as speak to your vet prior to choosing a diet. You will want to choose one that your gliders will eat as well as one that works best for your lifestyle.

If you happen to read online or receive advice from fellow glider lovers that it's okay to modify a diet, please be aware that if you follow their advice, you will no longer be feeding that particular diet. You will be feeding your own variation of that diet. This can be dangerous for your gliders health so please contact the diet creator and/or your vet for proper advice on any changes.

Glider diets can seem confusing but is only as confusing as you allow it to be. Sometimes we put too much emphasis in this area rather than just enjoying our gliders and the things we do for them. Remember..."take time to stop and smell the roses".

I would also like to point out that many people will do some research and come up with a new diet plan. Several owners start feeding these diets without speaking with their vets and end up having problems with their gliders health. Please do not jump on the "new diet bandwagon" and feed a new diet just because someone else you know is feeding it and you think it sounds good. I've seen this done in the past and it cost those owners some of their gliders. Please learn from their mistakes.

## HPW Plus (HPWP)



### Mixing Instructions:

- ¼ cup Plus powder
- 1 tablespoon bee pollen
- 2 cups warm water
- 12 oz. honey
- 3 scrambled eggs (no seasonings or cooking oil)
- 1 cup green juice (optional)

Put all ingredients in blender and blend for about 2-3 minutes. Place mixture in freezer safe container and freeze. Will freeze to the consistency of ice cream.

### Serving Instructions per glider:

- 1 tablespoon HPW Plus mixture
- 1 tablespoon veggies
- 1 tablespoon fruits

### Other Information:

See batch/package information below

See recommended (not required) fruit/veggie mixtures below.

This diet yields a 2:1 ca:ph ratio (for the mixture only). It's believed that gliders need 1.5-2:1.

The HPW Plus powder is manufactured in the US and was introduced to the public February 2011.

Guaranteed Analysis:	Min Crude Protein	54.00%
	Min Crude Fat	13.00%
	Min Crude Fiber	2.00%
	Min Calcium	0.90%
	Max Calcium	1.10%
	Min Phosphorus	0.50%
	Min Selenium	0.15 PPM
	Min Vitamin A	15.00 KIU/LB

Ingredients: Dried Whey Protein Concentrate, Soy Protein Concentrate, Vegetable Oil, Ground Cereal Grains, Dextrose, Maltodextrin, Flaxseed Oil, L-Lysine, Calcium Carbonate, Dicalcium Phosphate, Silicon Dioxide, DL-Methionine, Natural and Artificial Flavors, Inositol, Niacinamide, Ascorbic Acid, Vitamin E Supplement, Ferrous Sulfate, Biotin, Calcium Pantothenate, Vitamin B12 Supplement, Manganese Sulfate, Folic Acid, Vitamin A Acetate, Menadione Sodium Bisulfite Complex (source of Vitamin K3), Thiamine Mononitrate, Sodium Selenite, Copper Sulfate, Riboflavin, Pyridoxine Hydrochloride, Zinc Sulfate, Calcium Iodate, Vitamin D3 Supplement.

This diet was created by Peggy Brewer. She can be reached at [critterlove@critterlove.com](mailto:critterlove@critterlove.com) for more information/questions.

## HPW Complete (HPWC)

HPW COMPLETE



The Sugar Gliders Choice

### Mixing Instructions:

½ cup Complete powder  
1 ½ cups warm water  
1 cup green juice (optional)

Put all ingredients in blender and blend for about 2-3 minutes or shake well. Place mixture in ice cube trays and freeze. The mixture will freeze solid.

### Single serving instructions:

1 teaspoon Complete powder  
3 teaspoons (1 tablespoon) warm water  
1 teaspoon green juice (optional)

*Combine ingredients and shake well.*

### Serving Instructions per glider:

1 tablespoon HPW Complete mixture  
1 tablespoon veggies  
1 tablespoon fruits

### Other Information:

See batch/package information below

See recommended (not required) fruit/veggie mixtures below.

This diet yields a 2:1 ca:ph ratio (for the mixture only). It's believed that gliders need 1.5-2:1.

The HPW Complete powder is manufactured in the US and was introduced to the public February 2011.

Guaranteed Analysis:	Min Crude Protein	14.00%
	Min Crude Fat	2.00%
	Min Crude Fiber	2.00%
	Min Calcium	0.20%
	Max Calcium	0.30%
	Min Phosphorus	0.10%
	Min Selenium	0.017 PPM
	Min Vitamin A	1.60 KIU/LB

Ingredients: Dried Honey, Dry Egg Product, Dried Whey Protein Concentrate, Bee Pollen, Soy Protein Concentrate, Vegetable Oil, Ground Cereal Grains, Dextrose, Maltodextrin, Flaxseed Oil, L-Lysine, Calcium Carbonate, Dicalcium Phosphate, Silicon Dioxide, DL-Methionine, Natural and Artificial Flavors, Inositol, Niacinamide, Ascorbic Acid, Vitamin E Supplement, Ferrous Sulfate, Biotin, Calcium Pantothenate, Vitamin B12 Supplement, Manganese Sulfate, Folic Acid, Vitamin A Acetate, Menadione Sodium Bisulfite Complex (source of Vitamin K3), Thiamine Mononitrate, Sodium Selenite, Copper Sulfate, Riboflavin, Pyridoxine Hydrochloride, Zinc Sulfate, Calcium Iodate, Vitamin D3 Supplement.

This diet was created by Peggy Brewer. She can be reached at [critterlove@critterlove.com](mailto:critterlove@critterlove.com) for more information/questions.

## HPW Breeders Formula (HPWB)

HPW Breeder Formula™



The Sugar Gliders Choice

### Mixing Instructions:

- ½ cup Breeders Formula powder
- 2 cups warm water
- 1 cup green juice (optional)

Put all ingredients in blender and blend for about 2-3 minutes or shake well. Place mixture in ice cube trays and freeze. The mixture will freeze solid.

### Single serving instructions:

- 1 teaspoon Breeders Formula powder
- 4 teaspoons warm water
- 1 teaspoon green juice (optional)

Combine ingredients and shake well.

### Serving Instructions per glider:

- 1 tablespoon HPW Breeders Formula mixture
- 1 tablespoon veggies
- 1 tablespoon fruits

### Other Information:

See batch/package information below

See recommended (not required) fruit/veggie mixtures below.

This diet yields a 2:1 ca:ph ratio (for the mixture only). It's believed that gliders need 1.5-2:1.

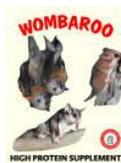
The HPW Breeders Formula powder is manufactured in the US and was introduced to the public August 2012.

Guaranteed Analysis:	Min Crude Protein	23.00%
	Min Crude Fat	8.00%
	Min Crude Fiber	2.00%
	Min Calcium	0.30%
	Max Calcium	0.80%
	Min Phosphorus	0.10%
	Min Selenium	0.017 PPM
	Min Vitamin A	1.60 KIU/LB

Ingredients: Dried Honey, Dried Whey Protein Concentrate, Dry Egg Product, Bee Pollen, Soy Protein Concentrate, Vegetable Oil, Ground Cereal Grains, Calcium Carbonate, Flaxseed Oil, L-Lysine, Dicalcium Phosphate, DL-Methionine, Natural and Artificial Flavors, Inositol, Niacinamide, Ascorbic Acid, Vitamin E Supplement, Ferrous Sulfate, Biotin, Calcium Pantothenate, Vitamin B12 Supplement, Manganese Sulfate, Folic Acid, Vitamin A Acetate, Menadione Sodium Bisulfite Complex (source of Vitamin K3), Thiamine Mononitrate, Sodium Selenite, Copper Sulfate, Riboflavin, Pyridoxine Hydrochloride, Zinc Sulfate, Calcium Iodate, Vitamin D3 Supplement.

This diet was created by Peggy Brewer. She can be reached at [critterlove@critterlove.com](mailto:critterlove@critterlove.com) for more information/questions.

## Original HPW (OHPW)



### Mixing Instructions:

¼ cup Wombaroo High Protein Supplement (WHPS) powder  
1 tablespoon bee pollen  
2 cups warm water  
12 oz. honey  
3 scrambled eggs (no seasonings or cooking oil)  
1 cup green juice (optional)

Put all ingredients in blender and blend for about 2-3 minutes. Place mixture in freezer safe container and freeze. Will freeze to the consistency of ice cream.

### Serving Instructions per glider:

1 tablespoon Original HPW mixture  
1 tablespoon veggies  
1 tablespoon fruits

### Other Information:

See batch information below.

See recommended (not required) fruit/veggie mixtures below.

This diet yields a 1.29:1 ca:ph ratio (for the mixture only). It's believed that gliders need 1.5-2:1.

The Original HPW diet has been used by many owners in the US since approximately 2003.

Guaranteed Analysis:	Min Crude Protein	52.00%
	Min Crude Fat	12.00%
	Max Crude Fiber	5.00%
	Max Salt	0.80%

Ingredients: Whey protein, soy protein, ground cereals, maltodextrin, dextrose, lysine, methionine, vegetable oils, omega-3 and omega-6 fatty acids, vitamins A, B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub>, C, D<sub>3</sub>, E, K, nicotinamide, pantothenic acid, biotin, folic acid, choline, inositol, calcium, phosphorus, potassium, sodium, magnesium, zinc, iron, manganese, copper, iodine, selenium.

This diet was created by Peggy Brewer. She can be reached at [critterlove@critterlove.com](mailto:critterlove@critterlove.com) for more information/questions.

## Recommended Fruit/Veggie Mixtures for all HPW Diets

### MIXTURE 1

1 Small Bag of Frozen Peas  
1 Small Bag of Frozen Cut Green Beans  
1 Small Bag Of Frozen Mixed Vegetables (Peas, Carrots, Green Beans, Corn)  
2 Small Bags of Frozen Diced Green Peppers (or 2 medium green peppers diced)  
1 Batch of Bok Choy (or 2 small batches, chopped)  
1 Large Cucumber (skin on, wash well)  
1 Large Papaya (chopped)  
1 Bag of Frozen Mixed Berries (Blackberries, Blueberries, Strawberries)

### MIXTURE 2

1 Small Bag of Frozen Peas  
1 Small Bag of Frozen Cut Green Beans  
1 Small Bag Of Frozen Mixed Vegetables (Peas, Carrots, Green Beans, Corn)  
2 Small Bags of Frozen Diced Green Peppers (or 2 medium green peppers diced)  
1 Large Cucumber (skin on, wash well)  
1 Batch Dandelion Greens (chopped)  
1 Large Papaya (chopped)  
2 Gala Apples (chopped, skin on)

### MIXTURE 3

1 Small Bag of Frozen Peas  
1 Small Bag of Frozen Cut Green Beans  
1 Small Bag Of Frozen Mixed Vegetables (Peas, Carrots, Green Beans, Corn)  
2 Small Bags of Frozen Diced Green Peppers (or 2 medium green peppers diced)  
1 Large Cucumber (skin on, wash well)  
1 Batch of Bok Choy (or 2 small batches, chopped)  
1 Bag of Frozen Mixed Berries (Blackberries, Blueberries, Strawberries)  
2 Gala Apples (chopped, skin on)  
1 Cantaloupe or Tuscan Melon (deseeded and rind removed)

These mixtures should not be mixed together. It's okay to feed 1 mixture 1 night and try another the next. Mixtures can be frozen together. What has worked best for me is to dish out servings for 2 gliders and put it in ziplock snack bags then place all snack bags inside a freezer safe container or freezer bag. Otherwise you will end up with a large ice ball of ingredients.

And remember, these mixtures are only recommended. You are not required to feed these specific mixtures but keep in mind that you'll want to factor in the ca:ph ratios of your fruit/veggie mixtures with the staple diet. Paying particular attention to what you choose to feed if using the Original HPW diet.

## HPW Diet Portions

### HPWP:

1 oz.	1 batch	67 servings/83 if green juice is added
4 oz.	4 batches	268/332
8 oz.	8 batches	536/664
1 lb.	16 batches	1072/1328
2 lbs.	32 batches	2144/2656
5 lbs.	80 batches	5360/6640

### HPWC:

2 oz.	1 batch	24 servings/40 if green juice is added
4 oz.	2 batches	48/80
8 oz.	4 batches	97/161
1 lb.	8 batches	195/323
2 lbs.	16 batches	390/646
5 lbs.	40 batches	976/1616

### HPWB:

2 oz.	1 batch	52 servings/68 if green juice is added
2 lbs.	16 batches	832/1088

### OHPW:

	1 batch	approx 80 servings/96 if green juice is added
125g	5.5 batches	approx 440/528
250g	11 batches	approx 880/1056
500g	22 batches	approx 1760/2112
1K	44 batches	approx 3520/4224

Unfortunately I have misplaced my information for OHPW. I've estimated these numbers but it shouldn't be off by a lot. These amounts are based on feeding non-breeding gliders on OHPW so the numbers would decrease if feeding breeders.

\*All servings are approximate.

To calculate approximately how long a batch of powder will last you, divide the number of servings by the number of gliders you are feeding.

## **BML (Bourbon's Modified Leadbeaters)**

There are more variations of this diet and you can find them here  
<http://www.angelfire.com/nb/sugarglider/leadbeat.html>.

I'm posting this version because I believe this post on [www.glidercentral.net](http://www.glidercentral.net),  
<http://www.glidercentral.net/ubbthreads/ubbthreads.php/topics/6697/1>, refers to this version. You will notice in the thread that the author has done some calculations and states that the BML mixture itself is a 3.7:1 ratio but with the fruits/veggies it would be about 2:1.

### **Mixing Instructions:**

½ cup honey (DO NOT use honey comb, raw or unfiltered)  
1 egg boiled or scrambled (no shell)  
4 oz. bottle of premixed Gerber juice with yogurt (if you can't find it, 2 oz. plain yogurt and 2 oz. mixed fruit juice can be used instead, 100% juice-no additives)

Blend until ingredients are mixed well.

½ cup wheat germ  
1 teaspoon vitamin supplement (Rep-Cal Herptivite)  
2 teaspoons calcium supplement non-phosphorus with Vit. D3 (Rep-Cal)  
2-2.5 oz. jars of chicken baby food  
¼ cup apple juice  
½ cup dry baby cereal

Add these ingredients to above mixture and blend well for 5 minutes. Pour into ice cube trays and freeze. The mixture will freeze solid.

### **Serving instructions:**

1 tablespoon BML mix  
1 tablespoon fruits (apples, grapes, watermelon, cantaloupe, melon, frozen pitted cherries and blueberries)  
1 tablespoon veggies (corn, peas, carrots and green beans)  
Also feed 10-12 small, 7-10 medium or 3-5 large mealworms in the morning.

If they eat everything the first night, add a little more the next night until they leave only a small portion.

\*\*I made the version on the first page of the website noted above. That mixture made 40 servings.

Bourbon H. is this diet's creator. She can be found on facebook or by calling 321-331-1608.

## Modified Leadbeaters Diet Plan (Judie's Version)

Judie's Modified Leadbeaters Diet Plan below was modified by a long time and respected breeder due to some of her gliders rejecting the basic mixture. Please follow this diet plan exactly. Avoid supplementing or modifying ingredients. Please note that there is not a specific list of fruits/veggies with this diet as there is with the Back to Basics BML plan. Variety is important but do not overfeed items high in phosphorous such as corn.

Presentation: Start out by feeding (per 1 glider):

- \*1 tablespoon of the BML mix
- \*1 tablespoon fruits
- \*1 tablespoon veggies
- \*Feed 10-12 small, 7-10 medium, or 3-5 large mealworms

Other insects gliders enjoy are crickets, june bugs, moths and grasshoppers. **Never feed roaches, lightning bugs or any bug caught outside or in an area where it could have insecticide on it.**

If they eat it all the first night add a little more the next night until they leave only a little bit.

BML Ingredients (aka Judie's Version):

- \*1/2 cup honey (DO NOT use honeycomb, raw or unfiltered honey)
- \*1 egg hard boiled w/shell (if your blender doesn't break the shell down don't use it)
- \*1 oz Apple juice (100% juice, no additives)
- \*1 oz Cranapple or Crancherry juice
- \*4 oz bottle premixed Gerber juice with yogurt (comes in mixed fruit or banana found near the baby food aisle. If it can't be found, mix 2 oz plain yogurt and 2 oz mixed fruit juice (100% juice, no additives).
- \*1 teaspoon vitamin supplement (Rep-Cal Herptivite is recommended)
- \*2 teaspoons calcium supplement non-phosphorus with Vit. D3 (Rep-Cal).
- \*2-2 1/2 oz jars chicken baby food
- \*1 small jar Stage 2 sweet potato
- \*1/4 cup wheat germ
- \*1/2 cup dry baby cereal (mixed or oatmeal)

Directions: Put honey, egg (with shell on) and apple juice into the blender and blend until ingredients are mixed well. Add the chicken baby food and sweet potato, blend. Add the fruit juice, yogurt juice and vitamin supplement, blend well. Add the wheat germ and baby cereal, blend well. Pour into ice cube trays or in a bowl and freeze.

NOTE: It will freeze to the same consistency as ice cream. This recipe should feed one glider for about a month.

Judie Hausmann is this diet's creator. She can be reached at [JudithHausmann@msn.com](mailto:JudithHausmann@msn.com).

## The Sugar Glider Exotic Diet (The Pet Glider Diet)

### Ingredients:

- \*25 oz unsweetened applesauce
- \*4 oz. Dannon non-fat plain yogurt
- \*3 oz. concentrated calcium fortified orange juice, no water added
- \*3/4 cup Old Fashioned Oats (NO QUICK COOKING OATS)
- \*1 tablespoon fresh ground flax seed or wheat germ, refrigerated

Directions: In a large bowl, mix the applesauce, oats, yogurt, wheat germ and orange juice. Divide into three equal portions. To portion one, add 3 small or medium scrambled eggs. To portion two, add ¼ pound unseasoned, unsalted, broiled shredded chicken. Leave the third portion plain for the nights you feed mealworms or yogurt.

Freeze flat in quart size freezer bags (1/2" or less thick).

In a separate bowl, chop up:

¼ cup various fruits

¼ cup various vegetables

You may also choose to use precut frozen fruits or vegetables

Combine and freeze in bags.

### Presentation:

\*Offer the basic mixture fresh the first two nights then freeze the remaining following the directions above.

\*Break off a frozen piece of the basic mix. Pull out the chopped fruits and vegetables from your freezer trying to keep it one part fruits to one part vegetables.

\*If you chose to use precut frozen fruits and vegetables, do not use vegetables which have a high ratio of corn.

\*Feed at least 4-6 fresh fruits and veggies each day; don't feed the same combination of this mixture three days in a row.

\*Offer UNSEASONED, UNSALTED broiled chicken (1 teaspoon per glider), eggs or mealworms (3-6 giant) four or five nights out of the week for extra protein. If your glider has a tendency to be overweight, offer less mealworms. Mealworms are high in fat so only offer them three times per week.

\*Offer fresh water at all times and Gatorade may be given 3-4 times a week. Use fruit flavored Gatorade and mix the granular kind to your glider's taste. The flavored fruit mix encourages your glider to drink more liquid. It contains electrolytes and also contains some sucrose, a nectar substitute, both very important to them.

\*Always sprinkle vitamins on top. Never mix them in and never freeze them. If you sprinkle them on top the gliders will eat them first with some food because they taste good.

Priscilla Price is this diet's creator. She can be reached at [thepetglider@thepetglider.com](mailto:thepetglider@thepetglider.com).

## **Darcy's Diet (Ensure)**

Presentation: Feed about a tablespoon of protein source per glider. Such as insects, mealworms, chicken or duck meat, crickets, wax worms, or egg. Also feed nightly, chopped fruits and vegetables. Use various fruits & veggies, emphasis on variety and moderation (no large amount of any one thing).

Daily Staple: Zookeeper's Secret is offered daily as a staple.

Enrichment Supplement: Nekton brand nectar is offered nightly. A multivitamin and protein supplement originally developed for birds. It has a calcium phosphorus ratio of 1:1, therefore it cannot be relied upon for a calcium supplement (similar to gliderade).

Daily Vitamin/Mineral Supplement: Mix one can of Ensure (8 ounces) with 380 mg (3/8 teaspoon) calcium carbonate (human grade available at most pharmacies).

2-3 tablespoons Ensure\* supplement (NEVER CHOCOLATE) with calcium per glider in a bowl (if you try putting it in a bottle the calcium will clog the tube).

Optional: ¼ teaspoon acacia gum

This diet is especially useful for gliders who are malnutrition or recovering from illness. It is based on using Ensure plus calcium as the nutritional supplement.

\*Sustagen is the European equivalent

## **PML (Pockets Modified Leadbeater's)**

### Mix ingredients:

- \*1 ¾ cup water (bottled preferred)
- \*1 ¾ cup honey (honey amount can be decreased to 1 ½ cup if using Australian honey)
- \*2 boiled shelled eggs
- \*1 ounce (30 grams) Wombaroo High Protein Supplement

According to Pockets: "I change my amount of Wombaroo HPS I offer according to season – but you do not have to. I use 1 less egg in my PML than is recommended in Oz, as my research has shown a problem with captive possums – possible cholesterol problems from providing too many egg yolks resulting in fatty tumors."

### Instructions:

- \*Warm water for 2 minutes in microwave before mixing in the honey (do not make water hot as it can destroy the vitamins in the WHPS). Mix until dissolved.
- \*Place eggs and warm blended honey/water into blender, blend 1 minute.
- \*Add 1 ounce (30 grams) of Wombaroo High Protein Supplement & blend again for 1 minute.
- \*Place in freezer safe dish & freeze.

### Presentation:

- \*Pockets Modified Leadbeater's (PML) mix nightly; 1 glider portion is ¾ - 1 tablespoon.
- \*1 tablespoon insectivore fare per glider (zookeeper's secret)
- \*1-2 tablespoons fruit/veggie mix per glider
- \*Tiny portion of Neocalglucon weekly (a type of calcium)

Debbie Houston is this diet's creator. She can be found on facebook.

## Wholesome Balance/ZooKeeper's Secret

This particular diet has always seemed more confusing to me than any other diet available. Both of them do use a pellet as the main staple. Please do your own research on this diet.

Per Glider:

1 tbls Wholesome Balance or ZooKeepers Secret Pellets

1 tbls fruit/veggies. Add a pinch of Vionate and a pinch of Rep-Cal Calcium (no Vit D3)

Also add on a 4 day rotation basis:

1. 3-5 large mealworms
  2. 3-5 crickets
  3.  $\frac{3}{4}$  tbls yogurt
- OR
4.  $\frac{3}{4}$  tbls "concoction"

The "concoction" consists of mixing boiled egg (no shell), high protein/low sugar cereal (Corn Flakes, Special K, etc.), and honey or apple juice.

These pellets can also be kept in the cage for daytime snacking as well.

The full diet plan can be found at <http://www.sugar-gliders.com/sugar-glider-diet.htm>.

## Green Juices

There are 3 brands of green juices that I'm aware of.

Naked Green Machine:



Bolthouse Farms Green Goodness:



Odwalla Superfood:



Most grocery stores carry at least 1 of these products. I have found them located either in the refrigerated juice section or the refrigerated section in the produce department.

What is the benefit of adding green juice to the HPW diets? They (Odwalla in particular) contain healthy ingredients such as wheatgrass, spirulina, Jerusalem artichoke and wheat sprouts not to mention the added fruits. This helps add in good antioxidants to the diet as well as comforting the owner who is worried about their gliders not eating enough fruits.

## Most of the BML ingredients

Dry baby cereal:



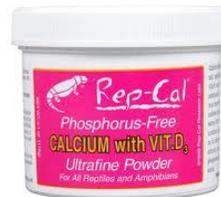
Wheat germ:



Rep-Cal Herptivite:



Rep-Cal Calcium w/Vit D3:



Chicken baby food:



Gerber juice w/yogurt:



Apple juice:



## Gliderade



Gliderade aka Lory Life Nectar has been used by many owners as an additional treat with OHPW and other diets. It's a 5:1 mixture (5 parts water/1 part powder) and usually offered 1-2x/week.

Nutritional information on this powder was obtained from Avico.

Moisture	2.36%
Crude Fat	<1.30%
Protein	9.95%
Ash	2.24%
Crude Fiber	0.69%
Arsenic	<0.15 ppm
Cadmium	<0.050 ppm
Copper	36 ppm
Iron	46 ppm
Lead	<0.20 ppm
Zinc	120 ppm
Vitamin A – WRE 054	1450 IU/100g

## Safe fruits & vegetables for gliders

### Vegetables

Alfalfa  
Amaranth  
Artichoke  
Asparagus  
Avocado  
Bamboo Shoots  
Beets  
Beet Greens  
Broccoli (spears & sprouts)  
Brussels Sprouts  
Burdock Roots  
Cabbage (green & red)  
Carrots  
Cauliflower  
Celery  
Chayote  
Chicory Greens  
Chinese Cabbage  
Collard Greens  
Coriander  
Corn (yellow)  
Cucumber (with or without skin)  
Dandelion Greens  
Dock  
Endive  
Eggplant  
French Beans  
Ginger Root  
Green Beans (snap beans)  
Jew's Ear (pepeao)  
Jute (pothorb)  
Leeks  
Lettuce (butter head, iceberg, loose leaf  
& romaine)  
Lupines  
Kale  
Kohlrabi  
Mushrooms  
Mustard Greens  
Mustard Spinach  
Napa Cabbage  
Okra  
Parsley  
Parsnips  
Peas (green)  
Peppers (sweet)  
Pumpkin  
Radish  
Soy Bean (green & sprouts)  
Spinach  
Squash (acorn, butternut, hubbard,  
Spaghetti, summer, winter & zucchini)  
Sweet Potato  
Swiss Chard  
Tofu (firm & regular)  
Tomato (green & red)  
Turnip  
Turnip Greens  
Watercress  
Yams

### Fruits

Acerola  
Apple (with or without skin)  
Apricots  
Banana  
Blackberries  
Blueberries  
Breadfruit  
Cantaloupe  
Carambola  
Carissa  
Casaba Melon  
Cherimoya  
Cherries (sweet)  
Crab Apples  
Cranberries  
Currant  
Custard Apple  
Dates  
Elderberries  
Figs  
Grapes  
Grapefruit  
Ground Cherries  
Honeydew Melon  
Jackfruit  
Java Plum  
Jujube  
Kiwifruit  
Kumquat  
Lemon  
Lemon Peel  
Lime  
Longans  
Loquats  
Mammy Apple  
Mango  
Mulberries  
Nectarine  
Oheloberries  
Orange Peel  
Orange (navel & valencia)  
Papaya  
Passion Fruit (purple)  
Peach  
Pear  
Persimmon  
Pineapple  
Pitanga  
Plantain  
Plum  
Pomegranate  
Prickly Pear  
Prunes  
Pummelo  
Quince  
Raisins  
Raspberries  
Rose Apple  
Roselle  
Sapodilla  
Sapote  
Soursop  
Strawberries  
Sugar Apple  
Tamarind  
Tangerine  
Watermelon

### TOXIC

Garlic  
Lima Beans  
Onion  
Rhubarb  
Cocoa (Chocolate)

## Veggie Relish/Fruit Smoothie and other Recipes

I'm not sure who to give the credit to for the following recipes but they are a collection of several I have found over the years. If you know who should get the credit, please contact me.

### VEGGIE RELISH

16 oz veggies

2 oz white grape juice

2 tbs honey

Put all ingredients in blender and blend until it is the consistency of relish. Pour 2 tbs into ice cube trays and freeze.

### FRUIT SMOOTHIE

5-6 lbs fruit

4 oz baby apple juice

2-4 tbs honey

½ cup French Vanilla Yogurt

Put all ingredients in blender and blend until it is smooth. Pour 2 tbs into ice cube trays and freeze.

More variations of the relish and smoothies can be found here <http://www.sweet-sugar-glidens.com/ssg-complete-hpw-diet.html>.

These should be offered as an occasional treat only unless otherwise noted.

### CHEERIO CHAINS

Using rexlace, attach a bell at the bottom and string Cheerios, Honey Nut Cheerios and Multi Grain Cheerios together. Tie to the cage. You can also make hoops and swings! Keep in mind, you will have to remake them every few days!

### GLIDER GRANDPA'S SHREDDED WHEAT PANCAKES

Crushed, plain shredded wheat

Eggs

Mix together and scramble like a pancake (remember, no cooking oils or seasonings should be given to gliders)

### L'OMELETTE de FRUITS De POULET

Cooked shredded chicken

Eggs, beaten well

Mixed vegetables

Apple, chopped

Make omelet and top with melons, grapes, pineapples and a sprinkling of The Pet Glider Complete multivitamin.

Variation: Turkey, sweet potato and apple with sugar snap peas, red bell pepper & peaches.

### HELWIGGLE'S MEALIE SALAD

2 oz torn salad greens, thoroughly washed

2-3 dried papaya pieces

8 mealworms

Pinch of Gliderade

Toss and serve! Serves 2 gliders.

### PINA COLADA SMOOTHIE MIX

Frozen mixed fruit

Container Pina Colada flavored yogurt

¼ tsp Karo syrup

Apple or orange juice to blend

Blend together and serve!

### GLIDER BIRTHDAY CAKE

Pancake mix, prepared with applesauce instead of oil

Sunmaid Dried Fruit Bits

Fluker's Freeze Dried Crickets

Add enough fruit and crickets to make the batter full, but still stick together. I halve the smallest recipe, and there was a lot left over. Put them in tiny cake cups and then bake at 350 degrees until firm and springy! You can substitute the dried crickets for mealworms.

#### **BERRY SMOOTHIE MIX**

1 ¼ cup Frozen Mix Berries

½ can water

Gerber or Heinz Rice Cereal

11.5 oz can Libby's Kerns Nectar with Calcium added, any flavor

In blender or food processor, blend frozen berries with nectar and water. While blending, add rice cereal until ingredients have the consistency of a malt. May be frozen.

#### **FREE-FOR-ALL FRUIT SMOOTHIE MIX**

1 ¼ cup frozen fruits

¾ cup water

1 ½ cups apple juice

Gerber or Heinz Baby Rice Cereal

In blender or food processor, blend frozen berries with juice and water. While blending, add rice cereal until ingredients have the consistency of a malt. May be frozen.

#### **SUPER CHARGED EGG SMOOTHIE**

1 hard boiled egg, shell removed

¼ cup Special K cereal

¼ cup apple juice or Libby's Kerns Nectar with calcium added

In blender or food processor, blend all ingredients well. Serve immediately.

#### **HOMEMADE GLIDER NUTRI-NECTAR**

Frozen fruit, any variety

Water

½ tbs non-fat yogurt

In blender or food processor, blend all ingredients to a thin, liquid consistency.

#### **CHICKEN APPLE MANGO PEACH CRUNCH**

1 sm apple, peeled, diced

1 chicken breast, skinned, boiled, boneless

¼ cup Mott's Healthy Harvest unsweetened Peach Medley Applesauce

1 ½ cups Honey Nut Cheerios

1 egg

In mixing bowl, mix ingredients well. On nonstick cookie sheet, place spoon-size balls 1" apart and bake 20 minutes at 300 degrees.

#### **CHICKEN POT PIE**

½ cup diced chicken breast, boiled, skinned, boneless

1 ½ cups frozen mix vegetables

2 raw eggs

1 small sweet potato, boiled, peeled and chopped up

In mixing bowl, combine ingredients well. Spray mini-muffin pans with Pam and fill to top. Bake 20-25 minutes, or until beginning to brown, at 350 degrees.

#### **CHICKEN EGG DROP SOUP**

1 chicken breast, skinned, diced

2-2 ½ cups water

¾ cup frozen mixed vegetables

1 raw egg, mixed well

In saucepan, boil chicken for 10 minutes. Add mixed vegetables. Cook an additional 10 minutes. Bring to another boil. Slowly stir in raw egg, stirring only in one direction. Turn off heat as soon as you start pouring in the egg. Let cool and serve. Before serving, sprinkle with vitamins, if desired.

#### **GLIDER BOOST**

1 quart water

2 tsp molasses

1 tsp all natural apple cider vinegar (the kind you buy in the health food store)

Fill quart jar halfway with water. Add other ingredients. Shake to mix well. Add the rest of the water. Give to gliders once every two months to boost immunity and reduce the male scent.

#### **GLIDER ELIXIR –use for medicinal purposes only!!**

1 part Wombaroo milk replacer

1 part Pedialyte

1 part Gerber Baby Rice Cereal

1 part fruit flavored yogurt

Mix. Give 1-2 tsps twice daily. Use this if a glider is depressed or has diarrhea until you can get to the vet (hopefully first thing in the morning).

#### **GLIDER SALSA**

1 green pepper

1 red pepper

1 yellow pepper

1 tomato

Dash of lemon juice

Clean and chop (small pieces) peppers and tomato. Add a dash of lemon juice if desired. Mix well. Can be frozen. You can also add 1 small cooked shrimp for each glider and add it to the mixture.

#### **GLIDER CRACK**

1 small can white chunk chicken (drained & rinsed well)

1/2 an avocado

1 scrambled egg

1/2 tsp Rep-Cal (can substitute with WHPS)

water

Put all ingredients in the blender & add water until it's the consistency of paste.

#### **MEALWORM SCRAMBLE**

1 scrambled egg

Stir in freeze dried mealworms. Sprinkle lightly with spirulina.

#### **CARROT SALAD**

2 shredded baby carrots

Fresh chopped coconut

Chopped raisins (about 3)

Chopped pineapple (one small chunk)

Coconut milk

Water

Small amount of honey

Lightly sauté shredded carrots and coconut in a little coconut milk until soft. Add other ingredients and serve.