

SUGAR GLIDER SAFE FRUITS AND VEGETABLES							
FRUITS				VEGETABLES			
NAME	CA(mg)	PH(mg)	RATIO	NAME	CA(mg)	PH(mg)	RATIO
Acerola	12	11	1.09	Acorn Squash	46	50	0.92
Apples	6	12	0.50	Alfalfa Sprouts	11	23	0.48
Apricots	21	38	0.55	Amaranth	60	14	4.29
Asian Pear			0.36	Artichoke			0.49
Avocado	18	78	0.23	Asparagus	32	70	0.46
Bananas	8	33	0.24	Bamboo Shoots	14	24	0.58
Blackberries (frozen)	44	45	0.98	Beet Greens	44	16	2.75
Blackberries (raw)	42	32	1.31	Beets	22	54	0.41
Blueberries (frozen)	12	17	0.71	Black-Eyed Peas	41	268	0.15
Blueberries (raw)	9	18	0.50	Bok Choy	74	26	2.85
Breadfruit	37	66	0.56	Broccoli****	43	60	0.72
Cantaloupe	14	23	0.61	Brussels Sprouts	37	61	0.61
Carambola	4	16	0.25	Burdock Roots	48	60	0.80
Carissa	16	10	1.60	Butternut Squash	67	46	1.46
Casaba Melon	19	8	2.38	Cabbage	36	23	1.57
Cherimoya	12	41	0.29	Carrots (chopped)	42	45	0.93
Cherries**				Cauliflower****	22	44	0.50
Coconut	11	90	0.12	Celery	40	24	1.67
Concord Grapes				Chayote	22	24	0.92
Crab Apples	20	16	1.25	Chicory Greens	29	14	2.07
Cranberries	8	13	0.62	Chinese Cabbage	74	26	2.85
Currant	37	49	0.76	Collard Greens	52	4	13.00
Custard Apples			1.43	Coriander	560	320	1.75
Dates	57	91	0.63	Corn	3	137	0.02
Elderberries	55	57	0.96	Cowpeas	41	268	0.15
Figs			2.50	Cucumber (peeled)	17	25	0.68
Gooseberries	38	40	0.95	Cucumber (with peel)	16	24	0.67
Grapefruit	25	28	0.89	Dandelion Greens	103	36	2.86
Grapes*	15	30	0.50	Dock	59	84	0.70
Ground Cherries				Eggplant	7	20	0.35
Guava	30	66	0.45	Endive	26	14	1.86
Honeydew	10	19	0.53	French Beans	342	559	0.61
Jackfruit	56	59	0.95	Ginger Root	5	11	0.45
Java Plum	26	23	1.13	Green Beans	41	42	0.98
Jujube			0.91	Green Pepper	15	30	0.50
Kiwi	46	71	0.65	Jew's Ear	16	14	1.14
Kumquat			3.26	Jicama	16	23	0.70
Lemon	55	34	1.62	Jute	58	23	2.52
Lemon Peel	128	16	8.00	Kale	90	38	2.37
Lime			1.83	Kohlrabi	32	62	0.52
Lime Peel				Lettuce (Butterhead)	19	18	1.06
Longans			0.05	Lettuce (dark green leaf)	13	10	1.30

Loquats	24	40	0.60	Lettuce (iceberg)*****	13	14	0.93
Mammy Apple			1.00	Lettuce (Red)	9	8	1.13
Mandarin Oranges	72	39	1.85	Lettuce (Romaine)	16	14	1.14
Mango (without peel)	16	18	0.89	Lima Beans	144	685	0.21
Mulberries	55	53	1.04	Lupines			
Nectarine	9	37	0.24	Mushrooms	2	60	0.03
Oheloberries	10	14	0.71	Mustard Greens	58	24	2.42
Orange Peel	155	20	7.75	Mustard Spinach	315	42	7.50
Oranges	72	25	2.88	Nana Cabbage			
Papaya	34	7	4.86	Okra (frozen)	81	42	1.93
Passion Fruit	28	160	0.18	Okra (raw)	81	63	1.29
Peaches	9	31	0.29	Parsley	83	35	2.38
Pears	13	15	0.87	Parsnips	48	94	0.51
Persimmon			1.04	Peas (frozen)	29	110	0.26
Pineapple	21	15	1.40	Peas (raw)	36	157	0.23
Pitanga	16	19	0.84	Potato	6	61	0.10
Plantain	4	50	0.08	Pumpkin	24	51	0.47
Plums***	10	26	0.38	Radish	29	23	1.26
Pomegranate	17	63	0.27	Red Peppers	10	39	0.26
Prickly Pear	83	36	2.31	Rutabagas	66	81	0.81
Prunes	75	120	0.63	Snow Peas (frozen)	72	73	0.99
Pummelo	8	32	0.25	Snow Peas (raw)	27	33	0.82
Quince			0.65	Soy Bean	515	1309	0.39
Raisins	72	146	0.49	Spaghetti Squash	23	12	1.92
Raspberries (frozen)	38	42	0.90	Spinach	30	15	2.00
Raspberries (raw)	31	36	0.86	Summer Squash	17	43	0.40
Rose Apple	29	8	3.63	Sweet Peppers (Green)	15	30	0.50
Roselle	123	21	5.86	Sweet Peppers (Red)	10	39	0.26
Sapodilla	51	29	1.76	Sweet Potatoes	76	108	0.70
Sapote			1.39	Swiss Chard	18	17	1.06
Soursop	32	61	0.52	Tofu			
Strawberries (frozen)	35	29	1.21	Turnip	39	35	1.11
Strawberries (raw)	27	40	0.68	Turnip Greens	104	23	4.52
Sugar Apple			0.75	Watercress	40	20	2.00
Tamarind	89	136	0.65	Winter Squash	32	27	1.20
Tangerine	72	39	1.85	Yams	26	82	0.32
Tomato	18	43	0.42	Yellow Wax Beans	41	42	0.98
Watermelon	11	17	0.65	Zucchini	19	47	0.40

\*green and red grapes = low oxalates, Concord grapes = high oxalates

\*\*bing and sour cherries = low oxalates

\*\*\*green and yellow plums = low oxalates

\*\*\*\*broccoli and cauliflower cause gas, so do not feed much (if any)

\*\*\*\*\*iceberg lettuce is safe but non-nutritional and not recommended

**RATIOS ARE PER UNIT OF PHOSPHOROUS**

ex: the calcium:phosphorous ratio of papaya is 4.86:1 (or 4.86 calcium for every 1 phosphorous);  
THE GOAL IS TO MAINTAIN AN OVERALL DIET RATIO OF 1.5-2:1 FOR SUGAR GLIDERS,  
WHILE MAINTAINING GOOD NUTRITIONAL BALANCE

**COLOR KEY**

HIGH OXALATES

MODERATE OXALATES

LOW OXALATES

UNKNOWN OXALATES (no color)