

SUGAR GLIDER SAFE FRUITS AND VEGETABLES							
FRUITS				VEGETABLES			
NAME	CA(mg)	PH(mg)	RATIO	NAME	CA(mg)	PH(mg)	RATIO
Lemon Peel	128	16	8.00	Collard Greens	52	4	13.00
Orange Peel	155	20	7.75	Mustard Spinach	315	42	7.50
Roselle	123	21	5.86	Turnip Greens	104	23	4.52
Papaya	34	7	4.86	Amaranth	60	14	4.29
Rose Apple	29	8	3.63	Dandelion Greens	103	36	2.86
Kumquat			3.26	Bok Choy	74	26	2.85
Oranges	72	25	2.88	Chinese Cabbage	74	26	2.85
Figs			2.50	Beet Greens	44	16	2.75
Casaba Melon	19	8	2.38	Jute	58	23	2.52
Prickly Pear	83	36	2.31	Mustard Greens	58	24	2.42
Mandarin Oranges	72	39	1.85	Parsley	83	35	2.38
Tangerine	72	39	1.85	Kale	90	38	2.37
Lime			1.83	Chicory Greens	29	14	2.07
Sapodilla	51	29	1.76	Spinach	30	15	2.00
Lemon	55	34	1.62	Watercress	40	20	2.00
Carissa	16	10	1.60	Okra (frozen)	81	42	1.93
Custard Apples			1.43	Spaghetti Squash	23	12	1.92
Pineapple	21	15	1.40	Endive	26	14	1.86
Sapote			1.39	Coriander	560	320	1.75
Blackberries (raw)	42	32	1.31	Celery	40	24	1.67
Crab Apples	20	16	1.25	Cabbage	36	23	1.57
Strawberries (frozen)	35	29	1.21	Butternut Squash	67	46	1.46
Java Plum	26	23	1.13	Lettuce (dark green leaf)	13	10	1.30
Acerola	12	11	1.09	Okra (raw)	81	63	1.29
Persimmon			1.04	Radish	29	23	1.26
Mulberries	55	53	1.04	Winter Squash	32	27	1.20
Mammy Apple			1.00	Jew's Ear	16	14	1.14
Blackberries (frozen)	44	45	0.98	Lettuce (Romaine)	16	14	1.14
Elderberries	55	57	0.96	Lettuce (Red)	9	8	1.13
Gooseberries	38	40	0.95	Turnip	39	35	1.11
Jackfruit	56	59	0.95	Swiss Chard	18	17	1.06
Jujube			0.91	Lettuce (Butterhead)	19	18	1.06
Raspberries (frozen)	38	42	0.90	Snow Peas (frozen)	72	73	0.99
Grapefruit	25	28	0.89	Green Beans	41	42	0.98
Mango (without peel)	16	18	0.89	Yellow Wax Beans	41	42	0.98
Pears	13	15	0.87	Carrots (chopped)	42	45	0.93
Raspberries (raw)	31	36	0.86	Lettuce (iceberg)*****	13	14	0.93
Pitanga	16	19	0.84	Acorn Squash	46	50	0.92
Currant	37	49	0.76	Chayote	22	24	0.92
Sugar Apple			0.75	Snow Peas (raw)	27	33	0.82
Oheloberries	10	14	0.71	Rutabagas	66	81	0.81
Blueberries (frozen)	12	17	0.71	Burdock Roots	48	60	0.80

Strawberries (raw)	27	40	0.68	Broccoli****	43	60	0.72
Tamarind	89	136	0.65	Sweet Potatoes	76	108	0.70
Kiwi	46	71	0.65	Dock	59	84	0.70
Quince			0.65	Jicama	16	23	0.70
Watermelon	11	17	0.65	Cucumber (peeled)	17	25	0.68
Dates	57	91	0.63	Cucumber (with peel)	16	24	0.67
Prunes	75	120	0.63	French Beans	342	559	0.61
Cranberries	8	13	0.62	Brussels Sprouts	37	61	0.61
Cantaloupe	14	23	0.61	Bamboo Shoots	14	24	0.58
Loquats	24	40	0.60	Kohlrabi	32	62	0.52
Breadfruit	37	66	0.56	Parsnips	48	94	0.51
Apricots	21	38	0.55	Cauliflower****	22	44	0.50
Honeydew	10	19	0.53	Green Pepper	15	30	0.50
Soursop	32	61	0.52	Sweet Peppers (Green)	15	30	0.50
Apples	6	12	0.50	Artichoke			0.49
Blueberries (raw)	9	18	0.50	Alfalfa Sprouts	11	23	0.48
Grapes*	15	30	0.50	Pumpkin	24	51	0.47
Raisins	72	146	0.49	Asparagus	32	70	0.46
Guava	30	66	0.45	Ginger Root	5	11	0.45
Tomato	18	43	0.42	Beets	22	54	0.41
Plums***	10	26	0.38	Zucchini	19	47	0.40
Asian Pear			0.36	Summer Squash	17	43	0.40
Cherimoya	12	41	0.29	Soy Bean	515	1309	0.39
Peaches	9	31	0.29	Eggplant	7	20	0.35
Pomegranate	17	63	0.27	Yams	26	82	0.32
Carambola	4	16	0.25	Peas (frozen)	29	110	0.26
Pummelo	8	32	0.25	Red Peppers	10	39	0.26
Nectarine	9	37	0.24	Sweet Peppers (Red)	10	39	0.26
Bananas	8	33	0.24	Peas (raw)	36	157	0.23
Avocado	18	78	0.23	Lima Beans	144	685	0.21
Passion Fruit	28	160	0.18	Black-Eyed Peas	41	268	0.15
Coconut	11	90	0.12	Cowpeas	41	268	0.15
Plantain	4	50	0.08	Potato	6	61	0.10
Longans			0.05	Mushrooms	2	60	0.03
Cherries**				Corn	3	137	0.02
Concord Grapes				Lupines			
Ground Cherries				Nana Cabbage			
Lime Peel				Tofu			

*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)