SGS 2 Information and Instructions

The SGS 2 diet has been used worldwide now for many years as it is the perfect way to ensure your sugar gliders receive the correct nutrition. The diet can seem complicated at first, but it really isn't. There are lots of recipe suggestions on the Sugar Gliders UK Facebook page so that you can give your gliders plenty of variety.

Sugar gliders are mainly sap suckers and nectar drinkers in the wild which is why they have a very long tongue. This is one of the reasons we "mush" the diet, because it is more natural to them and, also, to ensure the supplements are evenly distributed throughout the mixture.

If you are using powdered calcium, I recommend creating two 450g batches at a time and freezing in small tubs or silicon ice cube trays. One batch should contain calcium and one should not. If using liquid calcium, that should be added as per the instructions on the bottle at the time of feeding.

Calcium should be given 2 - 3 times a week to a healthy glider. I give calcium on Monday, Wednesday, and Friday.

How much your gliders eat will vary, generally I recommend one tablespoon of mush per glider. But, if all the food is gone by the morning, add a bit more the next night. Bear in mind that gliders will spit out the fibrous part so it may look like they haven't eaten much, but they have.

Ingredients for one pound (450g) batch:

- 450g fruit and vegetables, there are lots of recipes on Sugar Gliders UK Facebook page.
- 2 teaspoons of High Protein Supplement
- 1 teaspoon of bee pollen
- 1/4 teaspoon of acacia gum
- 1/2 teaspoon of spirulina
- 1 tablespoon of brown linseed soaked in 3 - 4 tablespoons of boiling water **OR use ground linseed which does not need soaking**
- 1 heaped tablespoon of oatmeal
- 1 probiotic tablet or tablespoon of natural probiotic yogurt
- 1 peeled hard boiled egg (can be left out and an alternative protein source used)
- **1/2 teaspoon Calcium in one batch only. Mark them up clearly**

Gliderade is NOT included in the mush, offer it in a separate bowl 2 - 3 times a week (I give Tuesday, Thursday and Saturday)

Instructions:

- Soak the linseed in boiling water to allow the oils to be released. If you are using ground linseed, simply add to the mush
- Wash and prepare the fruit and veg. If we eat it peeled, then peel it for the gliders.
- If using a probiotic tablet, crush 1 between two spoons and put into food processor
- Start mushing the "hard" items first like butternut squash, sweet potato, carrot, etc.
- Add water to the mush to help the food processor and because gliders are sap suckers
- Add the softer items, linseed (seeds and water), oatmeal, supplements, egg and yogurt if not using a pro biotic tablet)

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- Blend so that everything is mixed well and the fruit/veg is small enough to stop the gliders picking out their favourite bits
- Spoon in to silicon ice cube trays (1 tablespoon) and freeze making sure you know which one has calcium and which one doesn't.

Notes:
Calcium is a very important part of the diet to avoid 'hind leg paralysis'. Calcium is only needed 2 – 3 times a week. If you do not want to use powdered calcium, you can use a liquid calcium instead which is given at a rate of 0.1ml per 100g of bodyweight (2-3 times a week). **Do not exceed the dose stated.** Too much calcium is as bad as too little.

The protein source (the boiled egg) can be substituted with a high quality cat biscuit. It is important to provide a crunch in the diet to maintain oral health. Protein should be increased for females with joeys.

The vegetables should be raw. I do not recommend cooking as the process kills important vitamins like Vitamin C, for example. Vitamin A can still be absorbed whether the food item is cooked or not. If a vitamin has been destroyed through cooking, that specific vitamin cannot be absorbed at all.

There is much speculation regarding what sugar gliders should eat, but there are a few basic rules:

- Never feed chocolate, anything from the onion family, millet, caffeine, canned fruit, rhubarb, grapes and avocado should also be avoided due to its high fat content.
- Ensure clean water is available at all times, use a water bottle not a dish.
- Always remove any uneaten fruit in the morning, this is a breeding ground for bacteria and will also attract flies and ants.
- Never feed rodent mixes, peanuts, sunflower seeds, corn or corn products. Gliders are not seed and nut eaters, not only can they be a choke hazard and possibly damage the intestine, but they are prone to aflatoxin contamination which can prove fatal.

Recipe Suggestions: obviously add the linseed, oatmeal, protein source, supplements and probiotic as per the instructions above

Ingredient	Grams
Blueberries	50
Bok Choy/Pak Choi (Chinese Cabbage)	100
Spring Greens	50
Raspberries	50
Squash, Butternut	50
Watercress	100
Strawberries	50

Ingredient	Grams
Bell Pepper	50
Bok Choy/Pak Choi (Chinese Cabbage)	100
Carrots	60
Celery	50
Papaya	100
Raspberries	50
Butternut Squash	40