



Practice Limited to Birds, Reptiles and Exotics

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## *Foods Adult Squirrels Enjoy*

### *Rodent Block*

**Daily Recommendation:** 2 - 4 small blocks

Recommended brands:

- Harlan Teklad Rodent Diets
- KayTee Forti-Diet for Rats and Mice

### *Healthy Vegetables*

**Daily Recommendation:** 2-3 small pieces

- asparagus
- artichokes
- bell peppers
- broccoli
- brussels sprouts
- cabbage
- cauliflower
- cucumber
- green beans
- okra
- peas
- pumpkin
- squash and zucchini
- sweet potato

### *Wild and Natural Foods*

**Daily Recommendation:** unlimited while in season.

- magnolia cones
- pine cones/pine branches/pine bark/branch tips
- roses
- plaintain
- dandelion greens

### *Nuts and Seeds*

### *Vegetables that are High in Calcium*

**Daily Recommendation:** 5-7 small pieces

- beet greens
- endive
- carrots
- celery
- chicory
- chinese cabbage
- cilantro
- chrysanthemum flowers
- collard greens
- dandelion greens
- escarole
- kale
- lettuce
- mustard
- spinach
- parsley
- radicchio
- radishes
- romaine lettuce
- squash
- turnip greens
- watercress

### *Animal Protein*

- live or dried mealworms
- crickets
- live moths
- hard-boiled eggs
- cheese
- plain yogurt

### *Fruits*

**Daily Recommendation: 2 nuts, still in shell.**

- acorns
- almonds
- hazelnuts
- macadamia nuts
- pecans
- pistachios
- peanuts
- roasted unsalted pumpkin seeds
- sesame seeds (high in calcium)
- walnuts

**Daily Recommendation: 2 slices**

- apple
- apricot
- bananas
- blackberries
- blueberries
- cantaloupe
- cherries
- crabapples
- cranberries
- grapefruit
- grapes
- honeydew
- kiwi
- lemon
- lime
- mangos
- oranges
- nectarines
- papaya
- passion fruit
- peaches
- pears
- pineapple
- pomegranates
- raspberries
- strawberries
- watermelon

**FOODS TO AVOID**

- all dried vegetables or fruits
- avocados (high in fat, toxic skin and pits)
- potato sprouts
- garlic
- onions
- palm hearts
- fresh or dried corn
- yams
- figs
- fruit juice
- plums
- prunes
- raisins
- cashew nuts
- sunflower seeds
- pine nuts (will cause severe calcium loss)
- commercial squirrel food at stores, pet treats, seed mixes
- pasta
- bread
- sugary foods such as candy, cookies, sodas, sweetened yogurt, candy nuts, sweetened breakfast cereals, chocolate etc
- junk foods, chips, crackers, anything salted
- artificial sweeteners or any food items that contain them.

The **squirrel diet** varies with the seasons and the availability of plant material (such as nuts, fruits, flowers, and plant buds) that almost entirely makes up the animal's larder. **Squirrels** also occasionally eat bird eggs or nestlings, and may even pounce on small birds at feeders-much to the dismay of human witnesses who assume that squirrels are passive vegetarians.

