

Squirrel Food List

All the foods below are RAW and UNCOOKED. Rinse them thoroughly. Chop into pieces they can pick and carry but not so small they can inhale them.

The values listed in the parentheses are the CA:PHOS ratios. The goal for a balanced diet is (1.5:1) to (2:1) i.e., twice as much calcium as phosphorus. A diet with more phosphorus than calcium can cause metabolic bone disease.

Foods to Use Daily

Foods commonly found outside naturally. If you find these, make certain they are mold and pesticide free. Not necessary to cut most of these.

Acorns (1:1)	oak branches, bark and leaves
Moss and lichens	pine cones, seeds and new growth branches
Eugenia berries	walnut leaves and branches
California bay nuts	eucalyptus bark and cones
Pyracantha berries	strawberry arbutus branches, leaves and berries
Prickly pear cactus (2:1)	nandina branches, leaves and berries

Rodent block (1:1) and meal worms (1:1)

Try to include fresh greens daily: bok choy (3:1), beet greens (3:1), dandelion greens (3:1), kale (2:1), loose-leaf lettuce (3:1), mustard greens (2:1), turnip greens (4:1), spinach (2:1)

Apples (1:1), apricots (no pits) (1:1), fresh figs (3:1), loquats (0.6:1), papaya (5:1), peaches (0.5:1), pears (1:1), persimmons (0.5:1), rhubarb (6:1)

Melons (no seeds): honey dew(0.6:1), cantaloupe(0.6:1), casaba(0.8:1), watermelon (0.9:1)

Broccoli (0.7:1), cauliflower (0.6:1), brussels sprouts (0.6:1), eggplant (1:1), turnips (1:1), celery (2:1), green beans (1:1), edible podded peas (0.8:1), carrots (0.6:1), yams, avocados (0.3:1)

Raw unsalted nuts- almonds (0.5:1), hazelnuts (0.5:1)

Squash (no seeds)- butternut (1:), acorn (1:1), zucchini (0.5:1), scallop (0.5:1), crookneck (0.7:1), hubbard (0.7:1), spaghetti (2:1), pumpkin (0.5:1)

Berries-strawberries(0.8:1), blackberry (2:1), raspberries (2:1), cranberries (1:1), blueberries (0.6:1)

Grapes (0.6:1)-aviary age only (younger squirrels can choke on them whether they are whole, cut in half or quarters, I usually peel the grapes)

FOODS TO BE LUSED A MAXIMUM OF 3 OR 3 TIMES A WEEK IN LIMITED QUANTITIES

Avocado (0.3:1), banana (0.3:1), nectarines (0.3:1) plums (0.3:1), pomegranate (0.4:1)

Raw, unsalted nuts: English walnuts (0.3:1), black walnuts (0.1:1), peanuts (0.2:1) [use roasted peanuts as raw peanuts can contain a poisonous fungus), sunflower seeds (0.2:1), Pecans (0.1:1)

Corn on the cob (0.1:1), fresh peas (0.2:1), fava beans (0.3:1), yams (0.3:1)

Milk bones make good treats