



Sugar Glider Safe Vegetables

Alfalfa
Amaranth
Artichoke
Asparagus
Avocado
Bamboo Shoots
Beats
Beet Greens
Broccoli (Spears & Sprouts)
Brussels Sprouts
Burdock Roots
Cabbage (Green & Red)
Carrots
Cauliflower
Celery
Chayote
Chicory Greens
Chinese Cabbage
Collard Greens
Coriander
Corn (yellow)
Cucumber (With or Without skin)
Dandelion Greens
Dock
Endive
Eggplant
French Beans
Ginger Root
Green Beans (Snap Beans)
Jew's Ear (Pepeao)
Jute (Potherb)
Leeks
Lettuce (Butter Head, Iceberg, Loose Leaf, & Romaine)
Lupines
Kale
Kohlrabi
Mushrooms
Mustard Greens
Mustard Spinach
Napa Cabbage
Okra
Parsley
Parsnips
Peas (Green)
Peppers (Sweet)
Pumpkin
Radish
Soy Bean (Green & Sprouts)
Spinach
Squash (Acorn, Butternut, Hubbard, Spaghetti, Summer, Winter & Zucchini)
Sweet Potato
Swiss Chard
Tofu (Firm & Regular)
Tomato (Green & Red)
Turnip
Turnip Greens
Watercress
Yams