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

**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

**Nuts and Seeds**

**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)
- pototato 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.