

WHY We Object to Certain Foods for Everyday and Frequent Feedings

Please note the Ca:P ratios are “upside-down” in the foods listed below. That means there is more phosphorus than calcium. Instead, you should strive for a balance of 2 parts calcium to 1 part Phosphorus which is the same as saying a 2:1 Ca:P ratio. If high-phosphorus foods are fed on a daily basis or frequently throughout the week - without offsetting the high phosphorus count with food higher in calcium - your gliders can develop serious health problems. These problems are associated with low Calcium intake and include maladies such as metabolic bone disease; decreased bone density; brittle bones; fractures; poor muscle development; weak muscles; seizures; blindness; early death and other life threatening issues.

If you use a vet-approved diet such the Lucky Glider Rescue & Sanctuary Suggie Soup, the ratios are already calculated so you reduce the risk of cCalcium-related problems. The link for this recipe is on: <http://files.meetup.com/768852/LGRS%20Suggie%20Soup.pdf>

For this “WHY” document, the nutritional statistical data is directly taken from www.nutritiondata.com <http://nutritiondata.self.com/> Their site deserves all the credit for the nutritional breakdown of the foods listed within this document.

For additional valuable dietary information please visit the **Linus Pauling Institute, Oregon State University** web site: <http://lpi.oregonstate.edu/>

According to **LPI**: “The Linus Pauling Institute's Micronutrient Information Center is a source for scientifically accurate information regarding the roles of vitamins, minerals, other nutrients, dietary phytochemicals (plant chemicals that may affect health), and some foods in preventing disease and promoting health. All of the nutrients and phytochemicals included in the Micronutrient Information Center may be obtained from the diet, but many are also available as dietary supplements.”

WHEAT GERM		WHEAT GERM, crude	
QUAKER, KRETSCHMER Wheat Germ, Regular, ready-to-eat			
Serving size, 1.67 tablespoon, 14 grams		Serving size, (1) ounce	
Calories 51.2	Minerals	Calories 101	Minerals
From Carbohydrate 21.6	Calcium 7.0mg	From Carbohydrate 54.7	Calcium 10.9mg
From Fat 12.0	Iron 1.2mg	From Fat 22.8	Iron 1.8mg
From Protein 17.6	Magnesium 43.8mg	From Protein 23.3	Magnesium 66.9mg
From Alcohol ~	Phosphorus 158mg	From Alcohol ~	Phosphorus 236mg
	Potassium 154mg		Potassium 250m
	Sodium 0.8mg		Sodium 3.4mg
	Zinc 2.2mg		Zinc 3.4mg
	Copper 0.1mg		Copper 0.2mg
	Manganese 2.7mg		Manganese 3.7mg
	Selenium ~		Selenium 22.2mcg
	Fluoride ~		Fluoride ~
WHEAT GERM OIL			
Serving size, (1) tablespoon			
Calories 119	Minerals		
From Carbohydrate 0.0	Calcium 10.9mg		
From Fat 119	Iron 1.8mg		
From Protein 0.0	Magnesium 66.9mg		
From Alcohol 0.0	Phosphorus 236mg		
	Potassium 250mg		
	Sodium 3.4mg		
	Zinc 3.4mg		
	Copper 0.2mg		
	Manganese 3.7mg		
	Selenium 22.2mcg		
	Fluoride ~		
OATMEAL , Instant, fortified, plain, dry			
Serving size (1) ounce			
Calories 105	Minerals	Total Carbohydrate 19.1g	
From Carbohydrate 78.0	Calcium 98.5mg	Dietary Fiber 2.8g	
From Fat 14.6	Iron 8.2mg	Starch 15.9g	
From Protein 12.3	Magnesium 38.6mg	Sugars 0.4g	
From Alcohol 0	Phosphorus 119mg		
	Potassium 101mg		
	Sodium 72.2mg		
	Zinc 1.0mg		
	Copper 0.1mg		
	Manganese 0.8mg		
	Selenium 7.5mcg		
	Fluoride ~		

OATMEAL, old-fashioned oats, rolled oats
Serving size (1) ounce

Calories 106	Minerals	Total Carbohydrate 19.3g
From Carbohydrate 78.1	Calcium 14.6mg	Dietary Fiber 2.8g
From Fat 15.3	Iron 1.2mg	Starch 16.2g
From Protein 12.7	Magnesium 38.6mg	Sugars 0.3g
From Alcohol 0.0	Phosphorus 115mg	
	Potassium 101mg	
	Sodium 1.7mg	
	Zinc 1.0mg	
	Copper 0.1mg	
	Manganese 1.0mg	
	Selenium 8.1mcg	
	Fluoride ~	

OATMEAL, dry, baby food, cereal
Serving size (1) tablespoon

Calories 12.0	Minerals
From Carbohydrate 8.6	Calcium 21.2mg
From Fat 2.0	Iron 1.5mg
From Protein 1.4	Magnesium 4.1mg
From Alcohol 0.0	Phosphorus 18.3mg
	Potassium 12.6mg
	Sodium 0.2mg
	Zinc 0.2mg
	Copper 0.0mg
	Manganese 0.1mg
	Selenium 0.9mcg
	Fluoride ~

BRAN
OAT BRAN, Quaker/ Mother's Oat Bran, dry
Serving size (1) ounce

Calories 102	Minerals
From Carbohydrate 62.8	Calcium 22.1mg
From Fat 20.1	Iron 2.3mg
From Protein 19.1	Magnesium 67.5mg
From Alcohol 0.0	Phosphorus 194mg
	Potassium 162mg
	Sodium 1.4mg
	Zinc 1.2mg
	Copper 0.1mg
	Manganese 1.6mg
	Selenium 0.0mcg
	Fluoride ~

OAT BRAN

Serving size (1) ounce

Calories 68.9	Minerals
From Carbohydrate 43.6	Calcium 16.2mg
From Fat 16.5	Iron 1.5mg
From Protein 8.8	Magnesium 65.8mg
From Alcohol 0.0	Phosphorus 206mg
	Potassium 158mg
	Sodium 1.1mg
	Zinc 0.9mg
	Copper 0.1mg
	Manganese 1.6mg
	Selenium 12.7mcg
	Fluoride ~

BRAN FLAKES, single brand

Serving size (1) ounce

Calories 89.6	Minerals
From Carbohydrate 73.5	Calcium 15.7mg
From Fat 5.5	Iron 7.6mg
From Protein 10.5	Magnesium 59.9mg
From Alcohol ~	Phosphorus 142mg
	Potassium 172mg
	Sodium 205mg
	Zinc 1.4mg
	Copper 0.2mg
	Manganese 1.0mg
	Selenium 2.9mcg
	Fluoride ~

MILLET, raw

Serving size (1) ounce

Calories 106	Minerals
From Carbohydrate 84.0	Calcium 2.2mg
From Fat 9.9	Iron 0.8mg
From Protein 11.9	Magnesium 31.9mg
From Alcohol ~	Phosphorus 79.8mg
	Potassium 54.6mg
	Sodium 1.4mg
	Zinc 0.5mg
	Copper 0.2mg
	Manganese 0.5mg
	Selenium 0.8mcg
	Fluoride ~

CEREAL, Baby food, rice, dry

Serving size (1) tablespoon

Calories 9.8	Minerals
From Carbohydrate 8.1	Calcium 21.3mg
From Fat 1.0	Iron 1.2mg
From Protein 0.7	Magnesium 5.2mg
From Alcohol 0.0	Phosphorus 14.7mg
	Potassium 9.6mg
	Sodium 0.8mg
	Zinc 0.0mg
	Copper 0.0mg
	Manganese ~
	Selenium 0.3mcg
	Fluoride ~

FLAX SEED

Serving size, (1) tablespoon, ground

Calories 37.4	Minerals
From Carbohydrate 8.2	Calcium 17.9mg
From Fat 24.7	Iron 0.4mg
From Protein 4.4	Magnesium 27.4mg
From Alcohol 0.0	Phosphorus 44.9mg
	Potassium 56.9mg
	Sodium 2.1mg
	Zinc 0.3mg
	Copper 0.1mg
	Manganese 0.2mg
	Selenium 1.8mcg
	Fluoride ~

EDIBLE SEEDS

(*not* fruit seeds i.e. apple, peach, pear, orange etc.)

SIDE NOTE: some fruit seeds contain cyanide or arsenic. Our thought is just don't include fruit seeds in their food

SUNFLOWER SEEDS

Serving size (1) ounce

Calories 164	Minerals
From Carbohydrate 22.7	Calcium 21.8mg
From Fat 121	Iron 1.5mg
From Protein 20.2	Magnesium 91.0mg
From Alcohol 0.0	Phosphorus 185mg
	Potassium 181mg
	Sodium 2.5mg
	Zinc 1.4mg
	Copper 0.5mg
	Manganese 0.5mg
	Selenium 14.8mcg
	Fluoride ~

PUMPKIN AND SQUASH SEED KERNELS, dried [pepitas]

Serving size (1) ounce

Calories 151	Minerals
From Carbohydrate 20.2	Calcium 12.0mg
From Fat 107	Iron 4.2mg
From Protein 23.8	Magnesium 150mg
From Alcohol 0.0	Phosphorus 329mg
	Potassium 226mg
	Sodium 5.0mg
	Zinc 2.1mg
	Copper 0.4mg
	Manganese 0.8mg
	Selenium 1.6mcg
	Fluoride ~

SESAME SEEDS, whole, dried

Serving size (1) ounce

Calories 160	Minerals
From Carbohydrate 26.8	Calcium 273mg
From Fat 116	Iron 4.1mg
From Protein 17.2	Magnesium 98.3mg
From Alcohol 0.0	Phosphorus 176mg
	Potassium 131mg
	Sodium 3.1mg
	Zinc 2.2mg
	Copper 1.1mg
	Manganese 0.7mg
	Selenium 1.6mcg
	Fluoride ~

WATERMELON SEED KERNELS, dried

Serving size (1) ounce

Calories 156	Minerals
From Carbohydrate 17.4	Calcium 15.1mg
From Fat 111	Iron 2.0mg
From Protein 27.5	Magnesium 144mg
From Alcohol ~	Phosphorus 211mg
	Potassium 181mg
	Sodium 27.7mg
	Zinc 2.9mg
	Copper 0.2mg
	Manganese 0.5mg
	Selenium ~
	Fluoride ~

SAFFLOWER SEED KERNELS, dried

Serving size (1) ounce

Calories 145	Minerals
From Carbohydrate 38.9	Calcium 21.8mg
From Fat 90.1	Iron 1.4mg
From Protein 15.7	Magnesium 98.8mg
From Alcohol ~	Phosphorus 180mg
	Potassium 192mg
	Sodium 0.8mg
	Zinc 1.4mg
	Copper 0.5mg
	Manganese 0.6mg
	Selenium ~
	Fluoride ~

NUTS**ALMONDS, dry roasted, without salt added**

*[Includes USDA commodity food A255, A263]

*Such as almonds

** For more information search the USDA.gov website under Food and Nutrition Service, Commodity Group and Related Programs

Serving size (1)ounce whole kernels

Calories 167	Minerals
From Carbohydrate 21.9	Calcium 74.5mg
From Fat 124	Iron 1.3mg
From Protein 21.5	Magnesium 80.1mg
From Alcohol 0.0	Phosphorus 137mg
	Potassium 209mg
	Sodium 0.3mg
	Zinc 1.0mg
	Copper 0.3mg
	Manganese 0.7mg
	Selenium 0.8mcg
	Fluoride ~

CASHEW NUTS, dry roasted, without salt added

Serving size (1) ounce

Calories 161	Minerals
From Carbohydrate 37.2	Calcium 12.6mg
From Fat 109	Iron 1.7mg
From Protein 14.9	Magnesium 72.8mg
	Phosphorus 137mg
	Potassium 158mg
	Sodium 4.5mg
	Zinc 1.6mg
	Copper 0.6mg
	Manganese 0.2mg
	Selenium 3.3mcg
	Fluoride ~

COCONUT MEAT, dried (desiccated), not sweetened

Serving size (1) ounce

Calories 185	Minerals
From Carbohydrate 26.9	Calcium 7.3mg
From Fat 151	Iron 0.9mg
From Protein 6.7	Magnesium 25.2mg
From Alcohol 0.0	Phosphorus 57.7mg
	Potassium 152mg
	Sodium 10.4mg
	Zinc 0.6mg
	Copper 0.2mg
	Manganese 0.8mg
	Selenium 5.2mcg
	Fluoride ~

PECAN NUTS, dry roasted, without salt added

Serving size (1) ounce

Calories 199	Minerals
From Carbohydrate 15.5	Calcium 20.2mg
From Fat 174	Iron 0.8mg
From Protein 9.2	Magnesium 37.0mg
From Alcohol 0.0	Phosphorus 82.0mg
	Potassium 119mg
	Sodium 0.3mg
	Zinc 1.4mg
	Copper 0.3mg
	Manganese 1.1mg
	Selenium 1.1mcg
	Fluoride ~