

# Bourbon's Modified Leadbeaters (BML)

## Reader-Friendly Archived Copy

Formatting changed for readability only. Original archived sources are cited throughout.



Archived ingredient photo salvaged from the original mixing-method page in the Internet Archive.

### Original site citation:

BMLDiet.com. (2017). *Bourbon's Modified Leadbeaters (BML) diet plan* [Archived web pages]. Internet Archive Wayback Machine.

<https://web.archive.org/web/20170711151236/http://bmldiet.com/index.html>

This PDF was created so the archived information can be cited and linked from a sugar glider care website. The original website is no longer live, and the Internet Archive captures are the cited source.

## Archived Pages Included

Section	Archived Source
Home / diet plan overview	<a href="https://web.archive.org/web/20170711151236/http://bmldiet.com/index.html">https://web.archive.org/web/20170711151236/http://bmldiet.com/index.html</a>
BML Recipe	<a href="https://web.archive.org/web/20170708013610/http://bmldiet.com/bml-recipe.html">https://web.archive.org/web/20170708013610/http://bmldiet.com/bml-recipe.html</a>
Important Notes	<a href="https://web.archive.org/web/20170705010732/http://bmldiet.com/important-notes.html">https://web.archive.org/web/20170705010732/http://bmldiet.com/important-notes.html</a>
Special Notes	<a href="https://web.archive.org/web/20170708184121/http://bmldiet.com/special-notes.html">https://web.archive.org/web/20170708184121/http://bmldiet.com/special-notes.html</a>
Original Mixing Method	<a href="https://web.archive.org/web/20170516081903/http://www.angelfire.com/nb/sugarglider/diet/bml1.html">https://web.archive.org/web/20170516081903/http://www.angelfire.com/nb/sugarglider/diet/bml1.html</a>

Image note: Available archived photos from the original mixing-method page were recovered and placed near the related ingredients. Some images from the BMLDiet.com capture were not available in the archive.

# BML Diet Plan Overview

Source: <https://web.archive.org/web/20170711151236/http://bmldiet.com/index.html>

The archived home page explains that the BML diet plan is designed to include the BML mix, fruits, and vegetables each night. Insects are fed in the morning. It also states that this diet plan should not be fed with another diet plan.

The archived page emphasizes that changes, omissions, additions, and substitutions may affect whether gliders eat the diet and may affect the balance of the plan. It describes BML as a complete plan that does not need additions.

## Do not combine diet plans

The original archived site repeatedly warns that the BML plan should not be mixed with other diet plans. The BML plan includes its own BML mixture, produce instructions, and insect guidance.

As more information emerged, the archived site notes that changes were made to keep the plan close to what was tested and found to be nutritionally balanced. The page specifically warns that substitutions, modifications, and additions can take a balanced diet and make it unbalanced.

# BML Recipe

Source: <https://web.archive.org/web/20170708013610/http://bml diet.com/bml-recipe.html>

## Ingredients

Amount	Ingredient / Note
1/2 cup	Honey. Do not use honeycomb, raw honey, or unfiltered honey.
1 bottle, 4 oz	PREMIXED Gerber Yogurt Juice, Mixed Fruit or Banana. If unavailable, the archived page notes a substitution of 2 oz plain yogurt and 2 oz mixed fruit juice.
1/4 cup	Wheat germ.
1 teaspoon	Rep-Cal Herptivite MultiVitamin supplement. Blue label on a white plastic container. DO NOT SUBSTITUTE.
2 teaspoons	Rep-Cal Calcium Supplement, non-phosphorus with Vitamin D3. Pink label on a white plastic container. DO NOT SUBSTITUTE.
2 jars, 2.5 oz each	Stage 1 or 2 Beechnut, Gerber, or Heinz chicken baby food. Chicken & Chicken Gravy or Chicken with Broth are listed as acceptable.
1	Hard-boiled egg. Do not use the shell.
1/4 cup	Apple juice. Regular bottled apple juice; not frozen and not baby juice. The archived page notes that 1/2 of the apple juice may be substituted with white grape juice.
1/2 cup	Dry baby cereal, Heinz or Gerber, rice or oatmeal.



Chicken baby food



Gerber juice with yogurt



Rep-Cal Herptivite



Rep-Cal Calcium

Archived product photos source: <https://web.archive.org/web/20170516081903/http://www.angelfire.com/nb/sugarglider/diet/bml1.html>

## Mixing and freezing

- Turn on blender and add ingredients as directed on the archived recipe page.
- For the cereal and juice, alternate a little cereal with a little juice until both ingredients are mixed in.
- Blend well for 5 minutes.
- Turn off blender, then pour into a Tupperware bowl or ice cube trays and freeze.
- The mixture will freeze to the consistency of ice cream.
- One cube is approximately 2 tablespoons, depending on the ice cube tray. The archived page suggests measuring the first few cubes by pouring 2 tablespoons into each cube.
- The mix will feed 1 glider for approximately 1 month.
- Do NOT mix the fruits and veggies in before freezing.

## Strict fruit and vegetable list

The archived BML recipe page says there is a very strict list of vegetables and fruits to be fed with the BML diet plan.

- Vegetables: corn, peas, carrots, green beans.
- Fruits: apples, grapes, watermelon, cantaloupe, honeydew, frozen pitted cherries, blueberries.
- Do NOT feed the seeds of apples or the pits of cherries.
- Fresh or frozen can be used, but canned should not be used.
- Do NOT use fruit slurries or vegetable relishes.

## **Feeding instructions**

- 1 tablespoon of the BML basic mix per glider.
- 1 tablespoon of fruits per glider.
- 1 tablespoon of veggies per glider.
- Feed insects in the morning as a snack.

# Important Notes

Source: <https://web.archive.org/web/20170705010732/http://bml diet.com/important-notes.html>

## Introducing insects

The archived notes explain that a glider may seem not to like insects if insects have never been introduced. The page suggests breaking a mealworm in half and allowing the glider to lick the inside or offering it as a licky treat.

## Insect amounts listed on the archived page

- 2 to 3 large, jumbo, or mighty mealies per day.
- 5 to 7 small mealworms.
- 1 superworm.

## Insect cautions

The archived page cautions not to feed fireflies/lightning bugs, cockroaches, or insects found on the floor or ground because they could have come in contact with pesticides. It also states that crickets were no longer suggested or advocated because of aflatoxin concerns.

## Ways to offer variety without changing the diet

- Fold a few frozen vegetables such as corn, peas, or carrots into the BML mix.
- Offer fruits and vegetables during the day as treats, while reducing the amount offered at night.
- Use a side bowl.
- If icing the BML mix with applesauce or another fruit, reduce the amount of fruit offered. The archived page describes spreading a small amount across the top and cutting ridges into the BML mix.

## Joey BML

The archived Important Notes page states that BML can be fed to rejected or supplemented joeys less than 5 weeks OOP. It states that there is no change to the recipe if joeys are eating out of a dish. For syringe feeding, the page says to make the recipe without wheat germ and keep everything else the same.

# Special Notes

Source: <https://web.archive.org/web/20170708184121/http://bml diet.com/special-notes.html>

## Adjusting amounts

- If gliders eat it all the first night, add a little more each night until they leave only a little bit.
- If they do not eat it all, the archived page says not to worry. Back off to half of the recommended amounts and only a few pieces of vegetables, then increase each day until only a little is left.
- The page states that if a glider is eating 3/4 of a tablespoon, they are doing well.

## Young joeys and nursing mothers

The archived page says young joeys up to 6 months OOP may not eat the full amount offered or as many fruits and vegetables, and may eat more of the mix. For nursing and lactating mothers, the page says to stay with the plan and not add or increase protein and calcium.

## Eating patterns

The archived page notes that gliders may slow down eating for normal reasons and suggests watching all cages, stress, changes in the home, atmospheric activity, moon phase, overfeeding, too many treats, mealworms before dinner, and too much food being offered.

## Small stomach reminder

The archived page includes the reminder that a glider's stomach is only as big as a thumbnail and holds less than a tablespoon of foods and liquids.

# Original Mixing Method

Source: <https://web.archive.org/web/20170516081903/http://www.angelfire.com/nb/sugarglider/diet/bml1.html>

This page was linked from the BMLDiet.com home page as the original mixing method. It includes older notes and archived photos. Some guidance differs from the later BMLDiet.com recipe page, so the later BMLDiet.com recipe page should be treated as the main BML recipe source when there is a conflict.

## Original-page ingredient notes

- 1/2 cup honey; do not use honeycomb, raw, or unfiltered honey.
- 1 egg, boiled or scrambled. The original page says the shell is optional only if the blender breaks it down into miniscule pieces.
- 1/4 cup wheat germ.
- 1/2 cup dry baby cereal, Heinz or Gerber.
- 2 jars of Stage 1 or 2 chicken baby food.
- 1 4 oz bottle premixed Gerber juice with yogurt.
- 1 teaspoon Rep-Cal Herptivite vitamin supplement; do not substitute.
- 2 teaspoons Rep-Cal Calcium Supplement, non-phosphorus with Vitamin D3.
- Optional 1/4 cup of 100% pure apple juice.

## Original-page feeding note

The original mixing method page describes the plan as being fed with fruits, vegetables, and insects. It lists the rule of thumb as 1 tablespoon of BML basic mix, 1 tablespoon of fruits, 1 tablespoon of veggies, and insects.

## Original-page cautions

- Do NOT mix the fruits and veggies in before freezing.
- Do NOT feed pits or seeds of apples, cherries, peaches, etc.
- Do NOT use canned fruits.
- Do NOT feed roaches or insects found on the floor or ground.
- Do NOT feed fireflies/lightning bugs.
- Do NOT feed this diet plan with another diet plan.

## End citation

Archived copy source: Internet Archive Wayback Machine captures of BMLDiet.com and the linked original mixing-method page. Original site URL: <http://bmldiet.com/>.