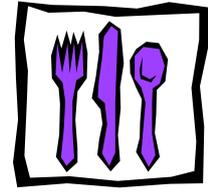


MARMOSET AND TAMARIN DIET



This diet sheet is generalised and applies to healthy primates.
Please consult your veterinarian for specialised diets for lactose and gluten intolerant and diabetic animals.

BASIC PORRIDGE RECIPE

500g Packet Purity (or Nestum) gluten free baby cereal (Not Cerelac as this contains milk)

1 cup vanilla Ensure

1/4 cup Oat bran

2 Tablespoons Gum Arabic powder

USN Pure Protein 1/2 scoop

Mix with warm water, serve as much as monkey will take.

Add 1 pinch Beefe powder, 1 pinch Calsup and a pinch of Vit C (crush a tablet to a fine powder) to 1 bowl of porridge.

Offer monkey porridge every day.

PROTEINS

The most important part of your pets diet. Offer at least 2 varieties per day.

Proteins include the following:

Chicken – Steamed or grilled, remove the skin. Chicken necks and wings are cheap and convenient as they can easily be cut into smaller pieces.

Beef – not many monkeys like beef. Grilled or steamed slivers of lean steak or cooked mince. NEVER RAW. RAW MEAT CAN SPREAD PARASITES.

Fish – Again steamed or poached. Flake fish into smaller pieces and remove all bones. Fish fingers and fish cakes offer variety if grilled and the batter removed (batter contains gluten which is dangerous to sensitive monkeys.)

Egg – scrambled is best. If boiled, the egg yolk is difficult to digest but the white can be given instead.

Dairy – Not for lactose intolerant monkeys. Yoghurt is safe for all. Cottage cheese or white cheese such as mozzarella can be given in small quantities.

USE ONLY LACTOSE –FREE MILK FORMULA (such as Nan Lactose-free or Nan Hypo-allergenic). Soya milk has been implicated in hormone imbalances, diabetes, and manganese and pesticide poisoning in primates and should be avoided at all costs.

Nuts and seeds – raw, unsalted nuts are excellent as well as sunflower and other seeds (available in the health food section of most supermarkets)

Insects – Store bought crickets are the safest, but are only nutritious if they have been gut-loaded (fed an adequate diet). Grasshoppers are an absolute winner providing they have been caught in an area where there is no risk of pesticide contamination. Mealworms are high in fat and very low in any nutritional content but may be given as a treat. Some monkeys will eat silkworms and wax worms too.

VEGETABLES

Vegetables can be offered lightly steamed or raw or both for variety. More important than fruit, two or three varieties should be offered daily from the following selection:

Pumpkin	Butternut	Squashes
Patty Pans	Baby Marrow	Carrots
Peas	Beans	Cooked potato
Sweet Potato	Tomato	Cucumber
Sprouts	Red or Yellow Peppers	Corn (maelies)
Cauliflower	Broccoli	Celery

A good quality mixed herb salad (pre-packed at supermarkets)

FRUIT

Fruit should never be over-ripe (THE RIPER THE FRUIT THE HIGHER THE SUGAR CONTENT = DIABETES DANGER). Fruit should be firm and just starting to ripen. Two varieties from the following selection can be offered daily.

Apples	Pears	Berries
Kiwi Fruit	Grapes	Oranges
Peaches	Apricots	Banana (Small amounts)
Plums	Paw Paw	Figs (Small amounts)
Litchis	Gooseberries	Mango
Cherries	Strawberries	Guava

CARBOHYDRATES AND OTHER

One item from the following list should be offered daily:

Wholewheat Pasta Brown Rice Cous-Cous
Bread (a good quality seed and nut loaf, not white or ordinary brown bread)
Cooked lentils Samp

TREATS

Treats are just that, not meant to be given on a daily basis but from time to time

Marshmallows Home made Jelly Custard
Purity baby foods Carob chocolate (Health stores)
Yoghurt coated rice cakes Yoghurt coated sunflower seeds
A small amount of jam or peanut butter on a piece of bread

LIQUID REFRESHMENTS

Water should be available at all times and any other liquid considered as a treat and given occasionally.

PURITY Veggi-juice concentrate (Mix 1 part to 10 parts water)
Diluted preservative-free fruit juices
Rooibos tea (if necessary, sweetened with a little honey)

SUPPLEMENTS

Sprinkle a small amount of probiotic such as INFANTI FORTE over food and porridge daily.

NO-NO'S

The items on the following list are absolutely forbidden:

Sweets Cold drinks (Coca Cola) Salt
Fats & Oils Condiments (Tomato sauce, chutney etc.)
Chocolate Spices Biltong
Boerewors Onions Avocado
Biscuits Cakes Sauces and Gravies
Preservatives Potato crisps French fries

Never allow your pet to eat from your mouth or plate. Never kiss your pet. Human saliva can transmit the herpes virus which is deadly to your monkey. Access to unfiltered sunlight (not through glass) on a daily basis