

What do they love to EAT....?

Most butterflies only consume liquids but there are some that don't feed at all as adult butterflies. Their sole purpose is to find a mate and reproduce before they die.

Butterflies have straw-like tongues

Tree Sap

This is the bread and butter of a butterfly diet and where they get a lot of nutrition from things like, nitrogen, amino acids and salts.



Butterflies need lots and lots of liquids to stay hydrated.

Nectar

Most butterflies love nectar.

Nectar is a sweet sap that is produced by flowering plants.

Butterflies drink the sap; the sap of flowers is flavoured by the type of flower it is; just like how we have different flavoured juices such as Apple Juice, Orange Juice, Lemon Juice, that we drink and have a preferred favourite flavoured juice, butterflies also have their own preferred flavoured favourite flower sap.



Nectar is a very good source of energy for butterflies.



Butterflies cannot consume solid foods

Overripe Fruit

Overripe fruit provides much needed liquids for butterflies.

Butterflies can not eat unripe fruit as they can't bite into it.

Soft overripe fruit is perfect for butterflies to suck the juices from.



Butterflies do absorb water from muddy puddles along with other nutrients.

Butterflies are not likely to drink directly from a water source.



Puddles of Water or Mud

Have you ever noticed after the rain insects swarm around puddles? This is to suck up moisture and nutrients such as salt, protein, metals, nitrogen and amino acids.

