Pollinator Profile: **Hummingbirds**

The *long thin bill and tongue* of a hummingbird allows it to reach the *nectar hidden deeply in tubular flowers*.

The Ruby-throated Hummingbird is the only species breeding on the East Coast each summer, after traveling up from Mexico and Central America.

**Favorite Flowers**

- **Flower Color**: Scarlet, Orange, Red, or White
- **Nectar Guides**: Absent
- **Odor**: None
- **Nectar**: Ample; deeply hidden
- **Pollen**: Modest
- **Flower Shape**: Large funnel-like cups, and a strong perch to support

Hummingbirds frequently visit bee balm and honeysuckle.

**Do you know a hummingbird’s diet?**

Hummingbirds require 6,000 to 12,000 calories per day. They visit plants with nectar that is 20–30% sugars. By comparison soda is only about 10% sugar.