

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 beebalm 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.

