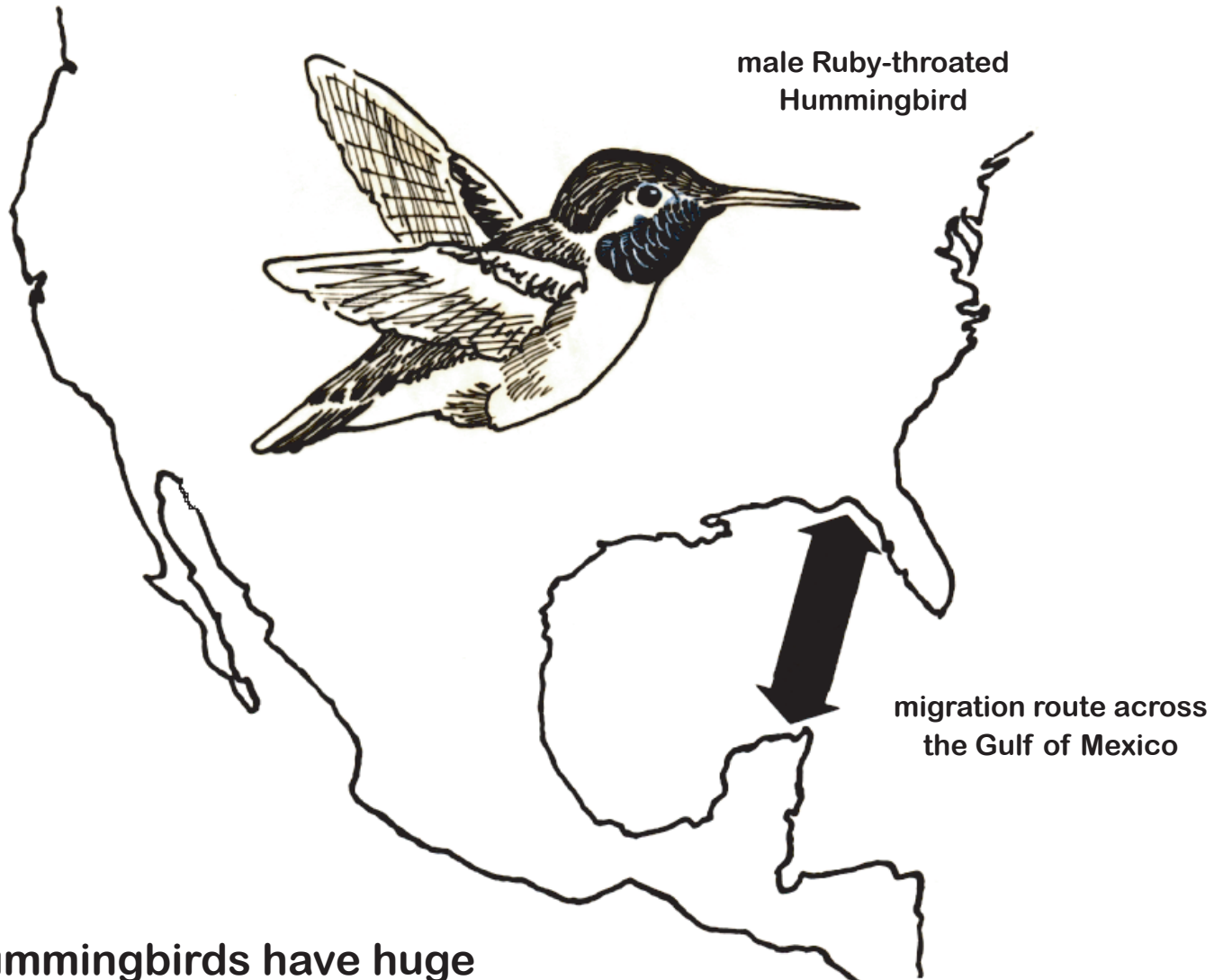


Carbo-loading

Every spring and fall, Ruby-throated Hummingbirds migrate 600 miles nonstop across the Gulf of Mexico.



All hummingbirds have huge chest muscles, up to 1/3 of their body weight, that provide flying strength. But Ruby-throats also need lots of energy for their long-distance, overwater flights. For 7 to 10 days before setting out for the Yucatan Peninsula in the fall, these hummingbirds double their weight by gorging on nectar in Georgia and Florida. No Atkins Diet for these guys!