Most of the diet by biomass was aquatic (Mengelkoch et al., 2004)

Adults:

* Diptera
* Mayflies
* Odonata
* Aquatic insects very important to egg-laying females (Blancher & McNicol, 1991)

Nestlings: 64.9% of biomass of food was aquatic (Blancher & McNicol, 1991)

Sex of parent delivering food did not affect diet composition (McCarty & Winkler, 1999)

Insect abundance did not change systematically with date during provisioning period, though there is large day-to-day variation (McCarty & Winkler, 1999)

In a field in Western Michigan, there were fewer aquatic insects in the diets of tree swallows (Johnson & Lombardo, 2000)

Nestlings got fed sometimes as low as 40% aquatic insects, even if boxes were close to water. Consumption of a higher proportion of terrestrial insects did not seem to affect survival or growth (Godwin et al., 2019).

Tree swallows do eat a lot of aquatic insects, but they also eat terrestrial insects in some places where they might be expected to eat aquatic insects; sometimes there don’t seem to be any real predictors (Beck et al., 2013)

Adults had more aquatic orders in their diets than nestlings; nestlings had more diverse diets than adults (Michelson et al., 2018)