



# Bearded Dragon

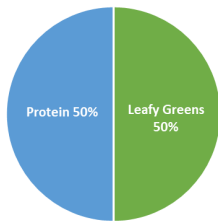
## ELEMENTS OF A GOOD DAILY DIET

Bearded Dragons require a balance of both plants and protein

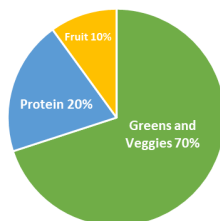
- Protein sources: insects and grubs
- Lots of vitamin-rich greens and veggies
  - A little bit of fresh fruit

A light dusting of calcium and multivitamin powder on their food several times a week promotes good health

A general ratio of food types to be offered each day



For Juveniles



For Adults

## Chop Chop!

Bearded Dragons are scavengers in the wild and will gobble up anything they deem edible! However, gobbling too large of a food item can cause serious digestive issues!

Prepare a beardie's food so that the pieces are no larger than the space between their eyes.

Small bites for a healthy beardie!

## The Comfort Connection

Reptiles have a primitive immune system, which means that if one thing isn't right, the whole animal malfunctions! A reptile's environment needs to be ideal in order to digest their food properly. In addition to a great diet, double check that your pet has proper lighting, heat and humidity!

## Greens and Veggies

- Arugula
- Basil
- Bok Choy
- Beet Greens\*
- Bell peppers
- Broccoli\* & leaves
- Brussel sprouts\*
- Cabbage
- Carrot and greens
- Cilantro
- Collard Greens\*
- Chard\*
- Chicory/Endive
- Cucumber
- Dandelion
- Echinacea
- Endive
- Escarole
- Fennel
- Frisee Lettuce
- Green beans
- Kale\*
- Mints
- Mustard greens
- Parsley
- Parsnip
- Peapods (the flat edible kind)
- Pumpkin
- Radish greens
- Radicchio
- Redleaf/Greenleaf lettuce
- Spring Greens
- Sprouts
- Squash
- Sweet Potato, cooked
- Tomato\*
- Turnip Greens
- Watercress
- Wheatgrass
- Zucchini

## Fruit

- Apricot
- Apple
- Banana
- Blackberry
- Blueberry
- Cherry
- Currants
- Cranberry
- Edible flowers (rose, nasturtium, pansy, hibiscus, calendula, geranium, clover)
- Grape
- Mango
- Melon
- Nectarine
- Kiwi
- Pear
- Peach
- Plum
- Papaya
- Pineapple
- Raspberry
- Strawberry

## Protein

- Grasshoppers/Locusts
- Crickets
- Mealworms/Superworms
- Silkworms
- Cockroaches
- Soldier fly larvae
- Commercial beardie pellets (reduce vitamin supplement if your beardie eats a lot of these)
- Waxworms
- Hornworms
- Moths
- Earthworms
- Hard-boiled eggs
- Pinkie mice

\*Some produce items have high levels of minerals or other nutrients that are fine in moderation but unhealthy if given every day. Variety is key!

LWAS' Diet Sheets are meant as general recommendations and are not meant to replace the advice of your veterinarian