

FOOD GUIDE

* high in Oxalic acid ** high in Goitrogens

DARK LEAFY GREENS

collard greens	hibiscus leaves	cilantro
mustard greens**	hibiscus flowers	chard*
turnip greens**	dandelion greens	escarole
chives*	dandelion flowers	spinach* **
radish tops	bok choy**	kale**

VEGETABLES (fresh or frozen/thawed)

summer squash	celery	carrots
yellow squash	okra	green beans
zucchini	pea pods	alfalfa sprouts
carrots	bell peppers	sweet potato (cooked)

FRUITS (fresh or frozen/thawed)

apples	apricot	raspberries
strawberries	pears*	grapes
melons	tomatoes	mango
figs	peaches**	kiwi*
raspberries	banana	prickly pear fruit

MEAT

Dubia roaches	crickets	hornworms
mealworms	super worms	earthworms
feeder fish	rodents	

WHOLE GRAINS

cooked brown rice	whole wheat bread
cooked pasta	cooked cream of wheat

* **High in Oxalic acid** - which binds to calcium making the calcium unusable to your pet. Feed these foods sparingly.

** **High in Goitrogens** - which can suppress thyroid function. Feed these foods sparingly.

FOODS TO AVOID

- Only feed wild greens/ flowers you **KNOW** to be free of pesticides.
- **Do not feed** iceberg lettuce. It has no nutritional value.
- **Never** feed avocado. Avocados contain Persin, a fatty acid derivative that can be toxic to reptiles.
- **Never** feed rhubarb. Has toxic levels of oxalates.
- **Never** feed onion. They are too acidic and can be toxic.
- **Never** feed fruit pits or fruit seeds.
- Alcohol, caffeine, and chocolate are **toxic** to reptiles.
- **Never** feed anything moldy or spoiled.
- **Never** feed peanuts. They can contain aflatoxin (mold/ fungi) which can be deadly to reptiles.
- **Avoid** fatty, greasy, salty foods like French fries or chips.
- **Do not feed** your reptile shellfish. It may have high levels of iodine and bacterial contamination.

Opinions on the nutritional needs of captive reptiles vary greatly, and we are constantly learning more on the topic. This handout is meant to be a guide - not an all inclusive list. Please discuss your pet's diet with your veterinarian.



FUN Happens Here!

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FEEDING GUIDE for Reptiles

Feed a **varied diet** for maximum nutrition, mental stimulation, better overall health, and improved resistance to disease.

Provide **fresh water** at all times. Clean and refill the bowl daily or more often as necessary.

Vitamin supplements fill gaps in nutrition, but go easy - some reptiles may not like the taste of some vitamins.

Commercially prepared diets are convenient, nutritionally complete and balanced. *If your pet does not immediately take to these diets, try adding a bit of water or fruit/vegetable baby food to entice them.*



TYPES OF DIETS



Please see a species specific caresheet for information on which of these diets is appropriate for your pet.

Herbivores (such as iguanas, grassland tortoises, uromastyx) eat plants. Feed dark leafy greens, vegetables, fruits, and a commercially prepared diet.

Omnivores (such as bearded dragons, Chinese water dragons, crested geckos, and forest tortoises) eat both plants and meats. Feed dark leafy greens, vegetables, fruits, insects, and a commercially prepared diet.

Carnivores (such as monitors, tegus, tokay geckos, leopard geckos) eat only meat. Feed whole-animal foods and a commercially prepared diet.

SAMPLE "SALAD" RECIPE



Here's what we feed our plant loving reptiles.

BASE: a bunch of dark leafy greens (mustard greens, collard greens, and/or turnip greens)

TOPPINGS: one apple, one carrot, one yellow squash, one zucchini, one bell pepper, a few green beans, and a snip of cilantro.

- Thoroughly **wash** all fruits/ vegetables. Chop/grate to a suitable size for your pet. *Fruits or vegetables not consumed within 24 hours should be discarded.*
- Keep the "salad" in the refrigerator for up to four days. Lay a paper towel over the top of the mix and store in a tightly sealed container.

IMPORTANT NOTES

- Monitor food **intake**. Changes may be a sign of illness.
- Monitor the **feces**. Changes in color or consistency may be a sign of illness.

Poor diet, inadequate heat, and/or improper lighting, can interfere with your pet's ability to access and use the calcium and other nutrients in the diet. This can lead to health issues including Metabolic Bone Disease (where bones become spongy and fractures occur).

Talk to us about what YOUR particular reptile needs to lead a healthy, happy life.

