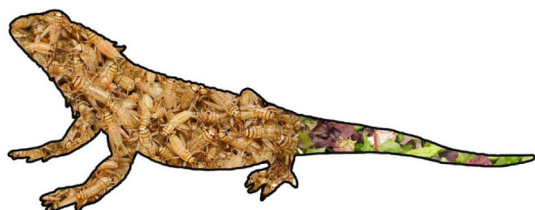


## Bearded Dragons are Omnivores



Juveniles eat a higher ratio of insects to veggies



Adults eat a higher ratio of veggies to insects

## Bearded Dragon Food Guide

### Insects:

Crickets\*, Dubia roaches\*, superworms\*, hornworms, silkworms, butterworms.

\*Should be gutloaded with calcium rich vegetables.

### Calcium Rich Veggies:

- collard greens
- dandelions
- endive
- escarole
- mustard greens
- opuntia cactus
- turnip greens

### *In moderation:*

- butternut squash
- berries
- carrots
- kale
- mango
- papaya
- sweet potato

### Supplementation:

Calcium (without D3) sprinkled on food 3-4 times weekly until 2 years of age then 1-2 times weekly after that.

### Avoid:

- broccoli
- beans
- cabbage
- cat food
- corn
- dog food
- grains, breads
- lettuce (iceberg, romaine)
- rice
- spinach
- tomatoes
- vertebrates (pinkies) or meat

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