

# L I Z A R D F E E D I N G G U I D E

## F R U I T S

Daily	Occasionally	Rarely/Treat Only	NEVER
	Apple	Apricot	Avocado
	Blackberries	Banana	Oranges
	Blueberries	Cherries	Rhubarb
	Cranberries	Grapes	
	Figs	Honeydew Melon	
	Grapefruit	Kiwifruit	
	Guava	Mandarin	
	Paw Paw	Mango	
	Pineapple	Nectarine	
	Plums	Peach	
	Strawberries	Pear	
	Watermelon	Raspberry	
		Tomato	

## P L A N T S & F L O W E R S

Daily	Occasionally	Rarely/Treat Only	NEVER
Dandelion (Flowers and Leaves)	Basil		Chives
Rocket	Coriander		Lettuce
	Dahlia		Parsley
	Hibiscus Flower/Leaves		Spinach
	Lemongrass		
	Nasturtium Flowers		
	Peppermint Leaves		
	Rose Petals		
	Rosemary		
	Wheatgrass		

## V E G E T A B L E S

Daily	Occasionally	Rarely/Treat Only	NEVER
Butternut Pumpkin	Alfalfa Sprouts	Beetroot	Eggplant
Celery (Stalk and Leaves)	Asparagus	Broccoli Stalk and Floret	Garlic
Collard Greens	Bok Choy/Pak Choi	Brussel Sprouts	Mushroom
Endive (Witlof, Chicory)	Broccoli Leaves	Capsicum - Red	Onion
Turnip Greens	Cabbage (Green or Red)	Corn	
Yellow Squash	Capsicum - Green	Cucumber (Peeled)	
	Carrots	Kale	
	Cauliflower	Pea Sprouts	
	Choko	Potato (Cooked)	
	Green Beans	Turnip	
	Pumpkin	Zucchini	
	Snow Peas		
	Sweet Potato		

## O T H E R

Daily	Occasionally	Rarely/Treat Only	NEVER
Black Fly Larvae	Egg (Hardboiled)		Bran
Crickets	Mealworms		Bread
Silkworms	Meat (non fatty)		Cereal
Woodies	Meat (organ meats)		Dairy Products
	Super/King worms		Fish
			Pasta

This list has been produced as a general guide for food you can supply to your lizards. It should not replace the advice of a veterinarian. Moderation and variation is always required. Please supervise any newly introduced foods and keep up-to-date records. Some foods are potentially toxic to reptiles, (Avocado, Chives, Eggplant, Garlic, Mushroom, Onion whilst others are toxic plus can inhibit the absorption of needed calcium, (Rhubarb, Spinach, Parsley). Discover Deadly takes no responsibility in the misuse of the information provided.



# FEEDER INSECT NOTES

Ideal Calcium to Phosphorus Ratio is 2:1



## Silkworms

13% protein, 2% fat, 79% moisture, 1:2.4 Ca:P ratio

Contains good amounts of calcium, iron, magnesium, sodium and Vitamins B1, B2, and B3.



They are highly nutritious and easy to digest. No risk of injury to pets as they do not have sharp jaws or legs. Great source of calcium for gravid females, helping to produce strong healthy eggs. Very slow moving, not able to jump, escape or hide like many other insects.



Can be seasonal and expensive to purchase. Great if you can get your own silkworm farm going.



## Crickets

18% protein, 6% fat, 73% moisture, 1:9 Ca:P ratio

Contains small amounts of calcium, phosphorus, Vit C and fibre.



Fast moving which can stimulate food response in some fussy eaters.

Come in a variety of sizes, suits a wide range of species.

Entertaining to watch lizards chase them.

Generally available all year round and at a good price.



Low calcium content. We advise dusting crickets with calcium powder directly before feeding out, or gut loading with a supplement prior.

Short shelf life. Prone to escape and good at hiding, best to remove uneaten crickets or feed in an external tub if not long feeding.



## Woodies (Wood roaches)

20% protein, 8% fat, 66% moisture, 1:3 Ca:P ratio

Very similar to crickets in terms of protein and fat content.

Readily available with a long shelf life. Good price.

Easy to gut load.

Fun to feed out promoting similar food response to crickets.

Will often drop live babies so makes them good value for money if keeping them in secure tubs.

Inadequate Calcium:Phosphorous ratio. Need gut loading or dusting.

Can get very smelly, need regular cleaning and more maintenance to keep them in good condition. Fair amount of wastage.

Escape can be problematic as will drop babies anywhere. Squashing the head prior to feeding can help with digestive problems. Not unknown for these to be swallowed alive only to be regurgitated – and then re-eaten



## Fly Larvae (Black Soldier)

17% protein, 11% fat, 64% moisture, variable Ca:P ratio

Have a good Calcium:Phosphorous ratio if they have been gut loaded correctly.

Good shelf life, easy storage.

Can be a fun feed when larvae turn into flies. Smaller dragons enjoy catching them.

Calcium:Phosphorous ratio can vary depending on source. Dusting would be recommended.

Fat content is higher than other insects.



## Mealworms

19% protein, 9% fat, 65% moisture, 1:7 Ca:P ratio

Easy to store, will keep in the fridge for a few months.

Possible to get your own worm farm going with very little effort.

Very popular with Dragons and can be added to fruit and vegetable mix to encourage eating.

Have a hard-outer skin which can be difficult to digest.

Advisable to pull head off before feeding or severely squash the head as once ingested if not fully dead could cause internal damage.

When picking through the worms choose ones that are freshly shed as the fresh skin is softer and easier to digest. Smaller worms for smaller reptiles (not larger than 1/2 inch).

**Garden Bugs:** Both Earthworms and snails (remove shell) can be used alternative feed. If digging up from your garden just make sure they have not been compromised by any baits or chemicals. No idea of the calcium:phosphorous ratio  
Earthworms – 11% protein, 3% fat, 82% moisture      Snails – 19% protein, 1% fat, 76% moisture

**Canned/Dried Insects:** It is worth having a few cans or packets on standby, just for the odd time that your local insect supplier might be out of stock of live feeder food.

We have tried canned crickets, but the real hit with our juvenile bluetongues and dragons was the dried version. The dried ones also don't smell as bad as the wet ones. There is a variety of dry packaged reptile pellets on the market. Great for really young animals. Always check the fine print, Ectotherm Lizard Food is a good one with a good Calcium:Phosphorous ratio.

**SUPPLIMENTS:** Wombaro Insect Booster – for gut loading feeder insects / Pisces Gutload Insect Enhancement  
Calcium, Vitamins and Minerals in Powder form can be placed in a small shallow bowl inside enclosure, Frilled Dragons are particularly good at helping themselves when needed.