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.

<table>
<thead>
<tr>
<th>Calcium Rich Veggies</th>
<th>In moderation</th>
</tr>
</thead>
<tbody>
<tr>
<td>• collard greens</td>
<td>• butternut squash</td>
</tr>
<tr>
<td>• dandelions</td>
<td>• berries</td>
</tr>
<tr>
<td>• endive</td>
<td>• carrots</td>
</tr>
<tr>
<td>• escarole</td>
<td>• kale</td>
</tr>
<tr>
<td>• mustard greens</td>
<td>• mango</td>
</tr>
<tr>
<td>• opuntia cactus</td>
<td>• papaya</td>
</tr>
<tr>
<td>• turnip greens</td>
<td>• sweet potato</td>
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</tbody>
</table>

**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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