

ADAM'S ANIMAL ENCOUNTERS

Bearded Dragon Diet Sheet

**IMPORTANT-There are many different opinions of how to properly take care of your animal, the information found below is how we take care of OUR animals here at Adam's Animal Encounters, and has been found through years of experience and hours of research. Species needs vary, and it is important to contact your DVM for your animal needs.*



★ Feed crickets every other day, as many as they will eat in one sitting. You can give superworms or wax worms as treats, but should not be very often as they are high in fat!

★ Feed greens & veggies daily. They like a variety, at least 2-3 from “staples”, and as many as you can from “variety”.

- Wash EVERYTHING
- Pay attention to your animal, their “favorite” foods will vary (ours love hibiscus & orchid flowers). But be sure to not spoil them *just because it's their favorite, does not mean it is the best option for them!

Spend time bonding with your beardie & hand feed them. They feed using their tongue, & will appreciate your help!

Use as staples:

- Collard greens
- Dandelion greens
- Escarole
- Kale
- Turnip greens
- Mustard greens
- Parsley
- Romaine

Add for variety:

- Bok choy
- Basil (all varieties)
- Bermuda grass
- Carrot tops
- Chard
- Cilantro
- Clover
- Dandelions leaves
- Dandelion flowers
- Endive
- Grape leaves
- Hibiscus leaves
- Hibiscus flower
- Honeysuckle
- Mint
- Cactus(no spines)
- Plantain
- Radicchio
- Radish tops
- Red cabbage
- Rose petals
- Ruguula
- Violet leaves
- Watercress

Fruit: (1/5 weekly diet)

- Apple (no seeds)
- Apricots
- Bananas(no skin)
- Berries (all)
- Figs
- Grapes
- Kiwi
- Mangos
- Melon (all)
*Watermelon (no seeds)
- Papaya
- Peaches
- Pears
- Plums

