

# *Lizard Diet and Feeding Guide*



*All you need to know about feeding your scaly friend*

## *Lizard diets (and how to get them to eat)*

A lizard's diet varies depending on which species of lizard your lizard is. For example, a Bearded Dragon may be an omnivore, and a Leopard gecko an insectivores. A leopard gecko's stomach can only digest meat and bugs. Depending on your animal, you may have to feed it various foods. In this slideshow, you are going to find out what your lizard can eat. **However, you should check with your veterinarian if you're not sure about something. Always pay attention to safety tips in red text in this slide, it could be detrimental to your pets health.**

# Leopard Gecko

**When they should eat:** Juveniles should be fed every 1-2 days, while adults should be fed 2-3 times a week.

**Food class:** Insectivore (insects)

**What to feed your gecko:** Leos can be fed gut-loaded crickets (fed crickets), mealworms, waxworms (I use these as a treat for my geckos, they shouldn't eat these instead of meal worms), superworms, dubia roaches, phoenix worms, and sometimes, occasionally, pinkie mice. You need to dust calcium powder on their food once or twice a week, and it is recommended that you leave some calcium in a bowl for them. Repti Calcium is a go-to calcium.

They are nocturnal, so they usually like to hunt at night. I usually feed mine around 8-9 o'clock. Try to feed them near the same time every feeding time.

**How to feed a gecko:** If your gecko won't eat, try buying meat based baby food (chicken, beef, etc) and rubbing it on their lips. They will lick it off, and this will build up your geckos appetite. The next day, try feeding again.

**NEVER LEAVE YOUR GECKO WITH CRICKETS UNATTENDED!!!**

**ALWAYS MAKE SURE YOUR BUG ISN'T BIGGER THAN THE SPACE BETWEEN YOUR GECKOS EYES!!!**

## Leopard Gecko (continued)

Remember to dust your lizard's crickets with calcium. **Make sure the bugs aren't biting or attacking your gecko.** Put 1 cricket/worm down at a time. Try to put the bug in a corner so it can't escape and will be easy prey for your gecko. Set limits on the amount of food your gecko can eat. **Baby geckos should be fed 5-7 crickets/mealworms each day until they reach 4 inches. Adults can eat 6-7 crickets/mealworms 2-3 times a week.** If your gecko is having trouble catching its food, try starting out with tweezers. To get your gecko interested, drag the worm/cricket along the ground. Sometimes a key sign that a gecko is interested in hunting the bug you have is little wiggles of the tail, but some geckos grow out of that habit, while others don't do it at all. Adults can go 10 days to 2 weeks without food. Sometimes they don't eat because they don't feel well or don't like what you're feeding. Switch up your variety of food once and awhile.

# Bearded Dragon

**When they should eat:** Young beardies may be fed everyday, while older ones will eat every 24-72 hours (try feeding them frequently)

**Food class:** Omnivore

**What to feed your beardie:** You can feed your beardie crickets (size them no bigger than inbetween the dragon's eyes), mealworms, dubia roaches, pinky mice (occasionally), kingworms, hornworms, etc. For vegetables and fruits you can feed your beardie Alfalfa (daily), leafy greens (collared, mustard, turnip, etc, can be fed daily, also make sure there is no spinach in your greens, I usually just get a lettuce head and cut that up), bell peppers (not often), apples, strawberries, blueberries, carrots, squash, etc. **Always dust your food with calcium (Repti Calcium is recommended).**

**Try feeding your dragon during the day.**

**How to feed a beardie:** Same thing as a leopard gecko, put 1 insect down at a time in a corner/enclosed space, and if they can't catch it then tweezer feed.

**NEVER FEED YOUR BEARDIE CITRUS FRUITS!!!**

**ALWAYS STAY PRESENT WHEN FEEDING YOUR BEARDIE CRICKETS/BUGS, NEVER LEAVE THEM IN THE CAGE**

## *Bearded Dragon (continued)*

If your bearded dragon won't eat, it may be because they don't feel well. Always make sure to keep a balanced diet for a bearded dragon. Adults eat 80% insects and 20% vegetable matter. If your dragon won't eat, be patient. Beardies actually have taste preferences like we do, so try different foods. If your beardie won't eat their greens, try putting a blueberry on top of the greens in their dish, or add a mealworm or two. Always dust everything with calcium. Your lizard may also not eat because of stress. Always check with your vet if your lizard hasn't eaten for a while. A beardie can go three weeks to sometimes up to 2 months without eating.

## FAQ

### **Q: Why won't my lizard eat?**

A: Your lizard may not eat because they are stressed. If they aren't eating, try handling them less or not before feeding time. Your lizard may not eat because they may be in brumation. Brumation signs can be burrowing, lethargicness, less frequent poops, etc.

### **Q: Is \_\_\_\_\_ safe for a lizard?**

A: Always check with your vet before feeding a new food to your lizard. Do research.

*Questions?*

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