

NEVER feed red marked foods! They are or can be very toxic!

Yellow marked foods should be

Avoided as well. There is either very little known about them in regards to a bearded dragons diet, or they have nutritional and/or health risks associated with them.

These are good **Staple** foods that you can feed **every day!**

These are good **Occasional** foods that are ok for special **treats** or **cycled** frequently to **top off staple greens!**

These foods are ok on very **rare** occasions.

The **Pale Dragon** recommends against using wild caught/picked foods as there is a risk of parasites/pesticides. They also recommend rinsing all fruits and vegetables well prior to feeding. **Pure Calcium Supplements** can be dusted on insects or greens daily (We highly recommend this). **Use caution with any Calcium supplements that includes D3.** Calcium that includes D3 should be limited to 2-3 times per week.

Avacado

Beef

Bran

Bread

Cheese

Cherios

Chicken

Rhubarb

Eggplant

Fish

Lettuce, Iceburg

Lettuce, Loose Leaf

Mealworms

Mice, Pinkies

Mushrooms

Pasta, Cooked

Pork

Spinach

Tofu

Yogurt

Alfalfa, Plant (not sprouts)

Apple, Peeled

Apricot, Fresh

Asparagus, Raw

Banana, Fresh

Basil, Fresh

Beans, Garbanzo, Canned

Beans, Green, Canned/Raw

Beans, Kidney, Canned

Beans, Lima, Canned

Beans, Pinto, Canned

Bell Pepper, Green/Red/Yellow

Blackberries, Fresh

Blueberries, Fresh

Broccoli, Raw

Cabbage, Green/Red, Raw

Cactus, Pad/Leaf, Raw

Cauliflower, Raw

Celery, Stalk/Leaves

Cherries, Fresh

Clover

Cranberries, Fresh

Crickets

Cucumber, Peeled

Dubia Roaches

Egg, Whole, Hardboiled

Figs, Raw

Grapefruit, Fresh

Grapes, Red/Green, Fresh

Greens, Collared

Greens, Dandelion

Greens, Mustard

Greens, Turnip

Honeydew, Fresh

Hornworms

Kale, Raw

Kiwi, Fresh

Lettuce, Romaine

Mango, Fresh

Nectarine

Olives, Canned, Pitted

Orange, Mandarin

Papaya, Fresh

Parsley

Peach, Fresh

Pear, Fresh

Pheonix Worms

Pineapple, Canned/Fresh

Plum, Fresh

Pomegranate

Potato, Sweet, Cooked

Prunes, Canned

Pumpkin, Raw

Radish, Raw

Raisins, Seedless

Seaweed, Kelp

Silkworms

Sprouts, Brussel

Squash, Acorn

Squash, Butternut (winter)

Squash, Hubbard

Squash, Scallop

Squash, Spaghetti

Squash, Summer

Strawberries, Fresh

Superworms

Tomato, Raw

Turnip, Raw

Watermelon

Wax Worms

Yams, Raw

Zuchini, Raw, Peeled

