

# Reptile Cookbook

The *Reptile Cookbook* serves as an essential guide for providing your reptiles with balanced nutrition through trusted and reliable dry foods. Understanding the unique dietary needs of reptiles is crucial, given their diverse dietary habits as carnivores, herbivores, and omnivores. This guide offers detailed instructions on selecting and preparing dry foods that cater to these varied requirements.

## Key Features:

1. **Species-Specific Recommendations:** Learn about the suitable dry foods for different reptile species, ensuring each pet receives the diet that mimics its natural nutritional intake as closely as possible.
2. **Nutritional Balance:** The guide emphasises the importance of achieving the right balance of proteins, fats, vitamins, and minerals in your reptile's diet. It discusses commercially manufactured feeds that have been nutritionally profiled to meet the specific needs of reptiles.
3. **Reliable Food Sources:** Gain insights into selecting high-quality commercial products and understanding their composition. The book provides details on trusted brands and evaluates their efficacy in maintaining the health and well-being of your pets.
4. **Preparation and Feeding Guidelines:** Step-by-step instructions are provided for preparing dry foods, ensuring that they are not only nutritious but also appealing to your reptiles. Tips include correct portion sizes and feeding frequencies that align with natural foraging behaviours.
5. **Supplementary Advice:** Beyond dry foods, the guide explores the use of supplements to address specific dietary deficiencies, ensuring a complete nutritional profile for your reptiles.

- [Arcadia](#)
  - [Insectigold](#)

# Arcadia

Arcadia Foods.

Arcadia

# InsectiGold



Arcadia InsectiGold is a nutritionally balanced gel food designed for insectivorous reptiles and amphibians. To prepare and feed InsectiGold:

## 1. **Preparation:**

- Mix the dry InsectiGold powder with boiling water as per the instructions provided on the packaging.
- Allow the mixture to cool and set into a gel-like consistency.

## 2. **Feeding:**

- Once set, the gel can be cut into cubes, rolled into balls, or offered in a dish.
- Some reptiles may respond better to movement; in such cases, rolling the gel balls in front of them can stimulate feeding behaviour.

## 3. **Frequency and Quantity:**

- InsectiGold can constitute up to 60% of your pet's total diet, depending on the species.
- The remaining 40% should consist of live insects to ensure dietary variety and enrichment.
- The specific amount to feed depends on your pet's size, species, and individual needs. It's advisable to start with small portions and adjust based on your pet's

appetite and body condition.

Always ensure that any uneaten food is removed daily to maintain hygiene. Additionally, providing a well-appointed UVB system and other dietary supplements, such as EarthPro-A and CalciumPro Mg, can support overall health.