

Reptile Food Nutrition

Helpful information on food nutrition

- [Vegetables](#)
- [Plants](#)
- [Fruit](#)
- [Bad Stuff \(Do not give!\)](#)

Vegetables

Safe Vegetables

Below is a list of vegetables that are safe for bearded dragons to eat.

Nutrition Notes

- Nutrition details are for a 100g serving size
- **Ca:P** is the ratio of Calcium to Phosphorus
- **mg** is milligrams (1g = 1,000 mg)
- The outlined frequency specifies how often you can serve the food to your bearded dragon.

Arugula (raw)

Daily

Ca:P	Calcium	Phosphorus	Oxalate	Vitamin A
3.1:1	160 mg	52 mg	7 mg	2,373 IU

[See how to correctly prepare Arugula »](#)

Broccoli (raw)

Twice per week

Ca:P	Calcium	Phosphorus	Oxalate	Vitamin A
0.7:1	47 mg	66 mg	2 mg	623 IU

[See how to correctly prepare Broccoli »](#)

Cabbage (raw)

Twice per week

Ca:P	Calcium	Phosphorus	Oxalate	Vitamin A
1.5:1	40 mg	26 mg	2 mg	98 IU

[See how to correctly prepare Cabbage »](#)

Carrots (raw)

Twice per week

Ca:P	Calcium	Phosphorus	Oxalate	Vitamin A
0.9:1	33 mg	35 mg	6 mg	16,706 IU

[See how to correctly prepare Carrots »](#)

Celery (raw)

Twice per week

Ca:P	Calcium	Phosphorus	Oxalate	Vitamin A
1.7:1	40 mg	24 mg	7 mg	449 IU

[See how to correctly prepare Celery »](#)

Cilantro

Daily

Ca:P	Calcium	Phosphorus	Oxalate	Vitamin A
1.4:1	67 mg	48 mg	5 mg	6,748 IU

[See how to correctly prepare Cilantro »](#)

Collards (raw)

Daily

Ca:P	Calcium	Phosphorus	Oxalate	Vitamin A
9.3:1	232 mg	25 mg	30 mg	5,019 IU

[See how to correctly prepare Collards »](#)

Cucumber (peeled)

Once per week

Ca:P	Calcium	Phosphorus	Oxalate	Vitamin A
0.7:1	14 mg	21 mg	2 mg	72 IU

[See how to correctly prepare Cucumber »](#)

Green Bell Peppers (raw)

Once per month

Plants

Safe Plants

Below is a list of plants that are safe for bearded dragons to eat.

Alfalfa	Water 0 ml	Vit. A 0 IU	Vit. K 0 µg	Ca:P --	Iron 0.00 mg	--
Arugula	Water 92 ml	Vit. A 2,373 IU	Vit. K 109 µg	Ca:P 16:5	Iron 1.46 mg	--
Astilbe	Water 0 ml	Vit. A 0 IU	Vit. K 0 µg	Ca:P --	Iron 0.00 mg	--
Baby's tears	Water 0 ml	Vit. A 0 IU	Vit. K 0 µg	Ca:P --	Iron 0.00 mg	--
Basil	Water 92 ml	Vit. A 5,275 IU	Vit. K 415 µg	Ca:P 3:1	Iron 3.17 mg	--
Borage	Water 93 ml	Vit. A 4,200 IU	Vit. K 0 µg	Ca:P 9:5	Iron 3.30 mg	--
Carnations	Water 0 ml	Vit. A 0 IU	Vit. K 0 µg	Ca:P --	Iron 0.00 mg	--
Chinese Lantern	Water 0 ml	Vit. A 0 IU	Vit. K 0 µg	Ca:P --	Iron 0.00 mg	--
Clover	Water 0 ml	Vit. A 0 IU	Vit. K 0 µg	Ca:P --	Iron 0.00 mg	--
Coriander	Water 92 ml	Vit. A 6,748 IU	Vit. K 310 µg	Ca:P 7:5	Iron 1.77 mg	--
Dahlia	Water 0 ml	Vit. A 0 IU	Vit. K 0 µg	Ca:P --	Iron 0.00 mg	--
Dandelion Greens	Water 86 ml	Vit. A 10,161 IU	Vit. K 778 µg	Ca:P 19:7	Iron 3.10 mg	--
Daylilies	Water 0 ml	Vit. A 0 IU	Vit. K 0 µg	Ca:P --	Iron 0.00 mg	--
Fennel						--

Fruit

Safe Fruits

Below are fruits that are safe for bearded dragons to eat.

Nutrition Notes

- Nutrition details are for a 100g serving size
- **Ca:P** is the ratio of Calcium to Phosphorus
- **mg** is milligrams (1g = 1,000 mg)
- The outlined frequency specifies how often you can serve the food to your bearded dragon.

Apples (without skin)					Once per week
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
0.5:1	5 mg	11 mg	10.1 g	38 IU	
See how to correctly prepare Apples »					
Bananas (raw)					Never
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
0.2:1	5 mg	22 mg	12.23 g	64 IU	
What makes Bananas unhealthy »					
Blackberries (raw)					Twice per week
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
1.3:1	29 mg	22 mg	4.88 g	214 IU	
See how to correctly prepare Blackberries »					
Blueberries (raw)					Once per week
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
0.5:1	6 mg	12 mg	9.96 g	54 IU	
See how to correctly prepare Blueberries »					
Cantaloupe (raw)					Once per week
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
0.6:1	9 mg	15 mg	7.86 g	3,382 IU	
See how to correctly prepare Cantaloupe »					
Grapes (American)					Once per week
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
1.4:1	14 mg	10 mg	16.25 g	100 IU	
What makes Grapes unhealthy »					
Mangos (raw)					Once per week
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
0.8:1	11 mg	14 mg	13.66 g	1,082 IU	
See how to correctly prepare Mangos »					
Peaches					Once per month
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
0.3:1	6 mg	20 mg	8.39 g	326 IU	
What makes Peaches unhealthy »					
Pears (raw)					Once per week

Bad Stuff (Do not give!)

Poisonous & Unsafe Plants

Below is a list of plants from veterinarians which are considered poisonous, harmful, or unsafe for animals to ingest. It is recommended to avoid having your bearded dragon around these plants (if they are present in your household or where you live) since bearded dragons can easily mistakenly eat a poisonous plant.

Toxic Plants List

- Acocanthera (All but fruit)
- Angel's Trumpet (Flowers, leaves, seeds)
- Balsam Pear (All)
- Belladonna (All)
- Bittersweet (All)
- Boxwood (All)
- Buckthorn (All)
- Buttercup (All)
- Calla Lily (All)
- Catclaw Acacia (Leaves & twigs)
- Clematis (All)
- Crocus (All)
- Daphne (All)
- Delphinium (All)
- Elderberry (All)
- Euonymus (All)
- Four o'clock (All)
- Henbane (All)
- Horse Chestnut (All)
- Hyacinth (All)
- Iris (All)
- Jack-in-the-Pulpit (All)
- Jonquil (All)
- Lantana (All)
- Laurel (All)
- Lobelia (All)
- Lupine (All)
- Milkweed (All)
- Mock Orange (All)
- Moonseed (All)
- Narcissus (All)
- Oleander (All)
- Periwinkle (All)
- Philodendron (All)
- Poison Hemlock (All)
- Poison Oak (All)
- Pokeweed (All)
- Amaryllis (All)
- Azalea (All)
- Baneberry (All)
- Bird of Paradise (Flowers & seed pods)
- Black Locust (All)
- Braken Fern (All)
- Burdock (All)
- Caladium (All)
- Caster Bean (All)
- Chinaberry (All)
- Coral Plant (All)
- Cycad (All)
- Death Camas (All)
- Dieffenbachia (All)
- Elephant's Ears (All)
- European Pennyroyal (All)
- Heliotrope (Leaves)
- Holly (Berries, leaves)
- Horse Nettle (All)
- Hydrangea (All)
- Ivy (All)
- Jerusalem Cherry (All)
- Juniper (All)
- Larkspur (All)
- Lily-of-the-Valley (All)
- Locoweed (All)
- Marijuana (All)
- Mistletoe (All)
- Monkshood (All)
- Morning Glory (Seeds)
- Oak (All)
- Peony (All)
- Peyote (All)
- Poinsettia (All)
- Poison Ivy (All)
- Poison Sumac (All)
- Poppy (All)