

# 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)

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

Daily

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

### Broccoli (raw)

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

Twice per week

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

### Cabbage (raw)

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

Twice per week

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

### Carrots (raw)

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

Twice per week

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

### Celery (raw)

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

Twice per week

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

### Cilantro

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

Daily

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

### Collards (raw)

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

Daily

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

### Cucumber (peeled)

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

Once per week

[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.

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



# 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)

Ca:P	Calcium	Phosphorus	Sugar	Vitamin A
0.5:1	5 mg	11 mg	10.1 g	38 IU

Once per week

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

### Bananas (raw)

Ca:P	Calcium	Phosphorus	Sugar	Vitamin A
0.2:1	5 mg	22 mg	12.23 g	64 IU

Never

[What makes Bananas unhealthy »](#)

### Blackberries (raw)

Ca:P	Calcium	Phosphorus	Sugar	Vitamin A
1.3:1	29 mg	22 mg	4.88 g	214 IU

Twice per week

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

### Blueberries (raw)

Ca:P	Calcium	Phosphorus	Sugar	Vitamin A
0.5:1	6 mg	12 mg	9.96 g	54 IU

Once per week

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

### Cantaloupe (raw)

Ca:P	Calcium	Phosphorus	Sugar	Vitamin A
0.6:1	9 mg	15 mg	7.86 g	3,382 IU

Once per week

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

### Grapes (American)

Ca:P	Calcium	Phosphorus	Sugar	Vitamin A
1.4:1	14 mg	10 mg	16.25 g	100 IU

Once per week

[What makes Grapes unhealthy »](#)

### Mangos (raw)

Ca:P	Calcium	Phosphorus	Sugar	Vitamin A
0.8:1	11 mg	14 mg	13.66 g	1,082 IU

Once per week

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

### Peaches

Ca:P	Calcium	Phosphorus	Sugar	Vitamin A
0.3:1	6 mg	20 mg	8.39 g	326 IU

Once per month

[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)