

# 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

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