

# 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	
<a href="#">See how to correctly prepare Apples »</a>					
Bananas (raw)					Never
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
0.2:1	5 mg	22 mg	12.23 g	64 IU	
<a href="#">What makes Bananas unhealthy »</a>					
Blackberries (raw)					Twice per week
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
1.3:1	29 mg	22 mg	4.88 g	214 IU	
<a href="#">See how to correctly prepare Blackberries »</a>					
Blueberries (raw)					Once per week
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
0.5:1	6 mg	12 mg	9.96 g	54 IU	
<a href="#">See how to correctly prepare Blueberries »</a>					
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	
<a href="#">See how to correctly prepare Cantaloupe »</a>					
Grapes (American)					Once per week
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
1.4:1	14 mg	10 mg	16.25 g	100 IU	
<a href="#">What makes Grapes unhealthy »</a>					
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	
<a href="#">See how to correctly prepare Mangos »</a>					
Peaches					Once per month
Ca:P	Calcium	Phosphorus	Sugar	Vitamin A	
0.3:1	6 mg	20 mg	8.39 g	326 IU	
<a href="#">What makes Peaches unhealthy »</a>					
Pears (raw)					Once per week

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