

# 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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