

# 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

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