



## Bearded dragon diet



### Juveniles:

A young bearded dragon diet will predominately consist of insects. This provides them with the calcium and protein they require to grow. Some insects have a higher fat content than others so avoid feeding these every day. Ensure you provide a variety to your dragon so that they can get a healthy mixed diet. Before feeding, insects should be dusted with minerals and vitamins (please see later).

### Safe insect feeds

**KEY:** \* Part of a staple diet

\*\*Feed in moderation 3-4 times a week

Butterworms\*\*  
Crickets\*

Dubia roaches\*  
Horn worms\*

Locusts\*\*  
Meal worms\*\*

Morio worms\*\*  
Waxworms\*\*

**DO NOT FEED:** Wild caught insects

As they grow introduce more and more plant material (see below)

### Adults:

In captivity your beardie will gladly eat as many insects as you can give them however this does not reflect their natural diet and can lead to major health problems. Feeding too many insects to adults will cause them to gain weight, become less mobile, have dental issues and develop liver problems and more.

50% of their diet can be made up of the insects listed above. This means feeding them 3-4 times a week alongside their plant based diet. The other 3-4 days they should be offered only vegetation.

50% of their diet should be plant based. Ensure you provide them with plenty of **varied** vegetation every day.

### Safe plant feeds:

**KEY:** \*Everyday feeds

\*\*Feed 3-5 times a week

\*\*\*Feed 1-2 times a week

Bell peppers\*\*  
Bok Choy\*\*  
Broccoli\*\*  
Butternut squash\*

Clover\*  
Collard greens\*  
Coriander\*\*  
Dandelion \*

Endive\*  
Grated carrot\*\*  
Kale\*\*\*  
Kohlrabi\*\*

Parsley\*\*\*  
Swiss Chard\*\*  
Watercress\*

**DO NOT FEED:** Avocado or Rhubarb

### Calcium and mineral supplements

Both insects and vegetation should be dusted with a calcium powder and mineral powder to ensure they stay healthy. Calci-dust .....weekly Nutrobal ..... weekly

### When to feed

Ensure your bearded dragon has warmed up to their preferred temperature before feeding. This way they are much more likely to begin eating as soon as you put food in. This avoids vegetation starting to wilt in the heat and avoids larger insects such as locusts from hopping away or attacking the bearded dragon before they are ready to catch them!

Please only feed a plant if you are sure of its identity. If you are unsure if a plant/vegetable is a safe feed please call us and we can advise.

