



Zoo, Avian, Aquatic and Unusual Pets
Veterinary Consultancy

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Tortoise diet

Species: Testudo horsfieldii (Russian or Horsefield tortoise)

Dietary supplements to be sprinkled on food: Calci-dustweekly Nutrobal weekly

Everyday feeds (wild flowers, garden and house plants)

| | | | |
|------------------|----------------|--------------------------------|-----------------------------------|
| African violet | Forget- me-not | Mallow | Spider plant |
| Air plant | Geranium | Mulberry tree | Succulents (Echeveria & Gasteria) |
| Bristly oxtongue | Hawksbeard | Pansies | Thyme |
| Campanula | Hibiscus | Plantain (broad & narrow) | Viola |
| Coleus | Hollyhock | Sedum plants | White dead nettle |
| Evening primrose | Ice plant | Sea Holly | |
| Field marigold | Mallow | Sow thistle (smooth & prickly) | |

(note French marigold is an unsafe feed)

Everyday feeds (vegetables)

Globe artichoke Lambs lettuce

Moderate plants (only offer 1-2 of these items twice a week)

| | | | |
|---------------|-----------|------------|-----------|
| Aloe Vera | Clover | Magnolia | Sage |
| Basil | Dahlia | Nasturtium | Weigela |
| Begonia | Dandelion | Nettle | Wild Rose |
| Chrysanthemum | Lavender | Petunia | |

Moderate vegetables (only offer 2-3 of these items twice a week)

| | | | |
|------------|------------|-----------|--|
| Black Kale | Endive | Pak Choi | Squahees (Butternut, courgette, Pumpkin) |
| Cucumber | Curly Kale | Radicchio | Water cress |

| DO NOT FEED ANY OF THE FOLLOWING | | |
|----------------------------------|-----------------|------------|
| ANY FRUIT | Brussel Sprouts | Potato |
| ANY PLANT FROM A BULB | Cabbage | Spinach |
| Avocado | Chives | Sunflowers |
| Beans | Lilly | Tulips |
| Broccoli | Pepper | Wisteria |



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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.

Also check out:

www.thetortoisetable.org.uk which lists a wide range of tortoise safe food.

www.shelledwarriors.co.uk where you can purchase seeds to grow your own tortoise friendly plants.