



Zoo, Avian, Aquatic and Unusual Pets  
Veterinary Consultancy

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## Tortoise diet

**Species: Hermann tortoise diet** (*Testudo hermanni*)

**Spur thigh tortoise** (*Testudo graeca*)

Dietary supplements to be sprinkled on food: Calci-dust .....weekly 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	
Aloe Vera	Clover	Magnolia	Sage
Basil	Dahlia	Nasturtium	Weigela
Begonia	Dandelion	Nettle	Wild Rose
Chrysanthemum	Lavender	Petunia	
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)

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

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

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

### Fruit - As treats only-Feed one item once a week

Apple (not the seeds)	Melon	Pear
Blackberry	Nectarine*	Raspberry
Blueberry	Peach*	Strawberry

**\*Remove stones before feeding**



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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](http://www.thetortoisetable.org.uk) which lists a wide range of tortoise safe food.

[www.shelledwarriors.co.uk](http://www.shelledwarriors.co.uk) where you can purchase seeds to grow your own tortoise friendly plants.