



Zoo, Avian, Aquatic and Unusual Pets  
Veterinary Consultancy

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## Tortoise diet

### Species: Red and Yellow footed tortoises

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	
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	Squashes (Butternut, courgette, Pumpkin)
Cucumber	Curly Kale	Radicchio	Water cress

### Fruit - This can make up 30% of their diet. Feed a small amount every other day for variety

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

\*Remove stones before feeding

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



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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.