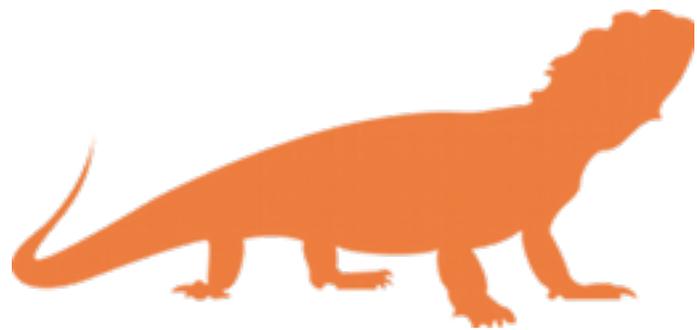


Bearded Dragon

Best Foods List



by *Bearded Dragon Care 101*

Bearded Dragon Care 101's Bearded Dragon Best Foods List

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Disclaimer: This e-book provides a general list of the best foods to offer bearded dragons as pets. This e-book does not offer any guarantees on the health and well-being of pet bearded dragons. If your pet bearded dragon shows any signs of health issues at any time, seek a qualified veterinarian immediately.

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Bearded Dragon Best Foods List Introduction

Just like us humans, bearded dragons need a wholesome, varied diet in order to maintain proper health. Without a good diet they can develop poor health over time.



That's why we felt it was important to create this list of the best foods for a bearded dragon.

In the upcoming pages, we will go over the staple insects, staple greens, staple vegetables, and staple fruits that should make up the largest portion of a bearded dragon's diet.

When we say "staple", we are talking about the foods that are the base of the diet. These are the foods that your bearded dragon should receive in their diet each day.

We will cover the occasional insects, occasional greens, occasional vegetables, and occasional fruits that should supplement the staple items.

We will also talk about the insects and vegetables that you should seldom feed, or never feed your bearded dragon.

Insect Prey Foods



Staple Insects

- ◆ ***Crickets***
- ◆ ***Roaches (ex. dubia roaches)***
- ◆ ***Horn Worms (or Goliath Worms)***

Crickets, dubia roaches, and horn worms should make up the greatest portion of the insect diet of proteins.

Roaches tend to be the most nutritious of the staple insects, but crickets are a suitable choice, and is easily found in most pet stores.

Occasional Insects

- ◆ *Butter Worms*
- ◆ *Earthworms (rinsed)*
- ◆ *Mealworms*
- ◆ *Phoenix Worms*
- ◆ *Silk Worms*
- ◆ *Super Worms (very large mealworms)*
- ◆ *Wax Worms*

The occasional insects should be offered intermittently and be supplemental to the staple insects. These insects should make up no more than 20% of the total insect portion of the diet.

Use caution when feeding mealworms and Super Worms because they have a hard chitin shell which can be difficult for a bearded dragon to digest. Only offer these insects to adult bearded dragons.

Bearded dragons love wax worms, but they should only be fed as once-in-a-while treats, because they are high in fat. Feeding many of these over time can lead to obesity issues once the bearded dragon reaches maturity.

Insects to Avoid

◆ ***Fireflies (lightning bugs)***

◆ ***Boxelder Bugs***

◆ ***Wild-caught Insects***

Fireflies and Boxelder bugs are very toxic to bearded dragons and should be avoided at all costs.

Wild-caught insects can pose a risk due to the possible contact with chemicals (pesticides, fertilizers, etc.). Also, you never want to feed your bearded dragon if you are not sure what it is.

Wild insects can also harbor harmful bacteria and parasites. You surely do not want to transmit any of those to your bearded dragon.

Fruits and Vegetables



Staple Greens

- ◆ *Collard Greens*
- ◆ *Dandelion Greens*
- ◆ *Escarole*
- ◆ *Endive*
- ◆ *Mustard Greens*
- ◆ *Turnip Greens*
- ◆ *Watercress*

Any vegetables and fruit offered should be finely chopped to make it easier for the bearded dragon to eat and digest.

This is especially important for babies. It is important to chopped the vegetable/fruit mixture fine enough for him to easily consume.

Using a small electric food chopper makes preparing the mix much simpler than hand chopping with a knife.

Staple Vegetables

- ◆ ***Acorn Squash***
- ◆ ***Butternut Squash***
- ◆ ***Green Beans***
- ◆ ***Okra***
- ◆ ***Parsnips***
- ◆ ***Snap Peas***
- ◆ ***Sweet Potato***
- ◆ ***Yellow Squash***

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Staple Fruit

- ◆ *Mango*
- ◆ *Papaya*
- ◆ *Prickly Pear (Cactus Leaves)*

The staple fruits can be offered in conjunction with the staple greens and staple vegetables - mixed together with some occasional greens or occasional vegetables.

Occasional Greens

- ◆ *Bok Choy*
- ◆ *Carrot Tops*
- ◆ *Celery Leaves*
- ◆ *Cilantro*
- ◆ *Cucumber (peeled)*
- ◆ *Kale*
- ◆ *Kohlrabi Leaves*
- ◆ *Parsley*
- ◆ *Swiss Chard*

These greens can be added to supplement the staple greens to add variety. Try mixing it up every feeding, or every other feeding to keep the bearded dragon's diet as varied as possible.

Occasional Vegetables

- ◆ *Asparagus*
- ◆ *Beets*
- ◆ *Bell Peppers*
- ◆ *Broccoli*
- ◆ *Carrots*
- ◆ *Cauliflower*
- ◆ *Celery Stalks*
- ◆ *Green Peas*
- ◆ *Pumpkin*
- ◆ *Zucchini*

These vegetables can be added to supplement the staple greens and staple vegetables to add variety. Try mixing it up every feeding, or every other feeding to keep the bearded dragon's diet as varied as possible.

Occasional Fruit

- ◆ ***Apples***
- ◆ ***Bananas***
- ◆ ***Blackberries***
- ◆ ***Blueberries***
- ◆ ***Cantaloupe***
- ◆ ***Grapes***
- ◆ ***Honeydew Melon***
- ◆ ***Kiwi***
- ◆ ***Peaches***
- ◆ ***Pears***
- ◆ ***Raspberries***
- ◆ ***Strawberries***
- ◆ ***Watermelon***

Fruits and Vegetables to Avoid

- ◆ **Avocados**
- ◆ **Beet Greens**
- ◆ **Lettuce**
- ◆ **Rhubarb**
- ◆ **Spinach**
- ◆ **Tomatoes**
- ◆ **Citric Fruits**

Avocados, beet greens, and spinach are very high in oxalates and should be avoided for feeding bearded dragons. Oxalates are a calcium-binding agent that limit the amount of calcium that's absorbed in the body. Feeding a bearded dragon's a diet high in oxalates can lead to Metabolic Bone Disease and other issues.

Lettuce contains very little nutritional value and is made up of mostly water. Feeding a bearded dragon too much lettuce can lead to digestive problems, runny stool, and diarrhea.

Tomatoes can be fed in very limited amounts. Tomatoes are very acidic and can be difficult on bearded dragons, especially babies. This is the same reason citric fruits should be avoided.

Rhubarb is very toxic to bearded dragons and should ***always*** be avoided.

Typical Bearded Dragon Vegetable/Fruit Recipe

Dandelion, Watercress and Bok Choy with Mango

Ingredients

- ◆ *3 or 4 leaves of dandelion greens (rinsed well*)*
- ◆ *Handful of watercress (rinsed well*)*
- ◆ *1 baby bok choy plant (rinsed well*)*
- ◆ *1 small slice of mango*
- ◆ *1" long piece of banana*

Directions

Take all the ingredients, except the banana, and place in a small food chopper or food processor. Chop until food is finely chopped, but not turned to mush.

Cut the banana into pieces small enough for your bearded dragon.

Add chopped food into a clean food bowl. Add the chopped banana pieces on top.

Sprinkle food with calcium with vitamin D3 supplement powder until food is lightly coated (You may need to stir around a bit to thoroughly mix in the powder).

Serve to your bearded dragon immediately.

*When you rinse food that will be fed to your dragon, make sure you use clean, dechlorinated water. Bottled water is a viable option. If you use tap water, treat it with a reptile water conditioner prior to use.

Conclusion

Providing your bearded dragon with a wholesome, nutritious meal is not very difficult, but it does take some effort and a little planning.

Make sure to provide mostly staple foods with some occasional foods mixed in.

Don't be afraid to mix it up some. The wider variety diet you supply, the better it will be for your bearded dragon's health.

Remember, you don't have to feed your bearded dragon every food item listed at each feeding, or even every day, but it is important to vary as much as possible from one day to the next, or one week from the next.

Do not simply get in the habit of feeding the same things day in, day out.

For more detailed information on feeding your bearded dragon, plus a host of other information, you are welcome to read our [Bearded Dragon Care Sheet](#).

Thank you for visiting Bearded Dragon Care 101, and we hope you found this Bearded Dragon Best Foods List to be very helpful.

If you ever have any questions or comments, feel free to [contact us](#) any time. We will help in any way we can.