

Care Cards

Herbivorous Reptile Food Chart



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GOOD	MODERATE	POOR
Turnip Greens	Carrot Tops	Lettuce (head, iceberg)***
Mustard Greens	Green Beans	Romaine Lettuce***
Collard Greens	Asparagus	Zucchini
Dandelion Greens	Yellow Squash	Broccoli*
Broccoli Leaves	Sweet Potato	Brussels Sprouts*
Parsley	Bok Choy*	Cauliflower*
Endive	Kale*	Radish*
Escarole	Chard**	Beets**
Water Cress	Yams	Cucumber
Kaboucha Squash	Turnips*	Spinach**
Acorn Squash	Okra	Cabbage*
Butternut Squash	Green Peppers	Sprouts*
Carrots	Rutabaga*	Mushrooms
Parsnip	Daises	Tomatoes
Snap Peas	Carnations	Celery Stalk**
Snow Peas	Geraniums	Frozen Vegetables
Hibiscus	Kiwi	Tofu
Rose Petals	Plum	Apples
Nasturtiums	Pear	Watermelon
Despined Cactus Pads	Apricots	Grapes***
Figs	Raspberries	Bananas***
Papaya	Strawberries	
Mango	Cantaloupe	
Citrus Fruits (Rind)	Dates	

*These food items can cause thyroid problems, and if fed, should be fed in small amounts.

**These items contain oxalic acid, and if fed, should be fed in small amounts.

***These items contain large amounts of tannin, and if fed, should be fed in small amounts.

Dr. Bruce's Herbivore Diet (Iguanas, Bearded Dragons, Skinks, Chuckwallas)

- 60% Dark Green Leafy Vegetables (Greens, Broccoli Leaves, Endive, Escarole)
- 15% Orange-fleshed Squash (Acorn, Butternut, Kaboucha, Pumpkin, Spaghetti)
- 15% Other Vegetables (Parsnips, Snow Peas, Snap Peas, Green Beans, Carrot Tops)
- 10% Flowers and Fruits (Hibiscus, Rose, Dandelion, Fig, Papaya, Mango)

Avoid feeding these toxic items to your reptile:

- Seeds from: Apples, Apricots, Cherries, Nectarines, Peaches or Pears.
- Avocado, Eggplant, Rhubarb, Rosemary, or Sage.
- Azalea, Buttercup, Daffodil, Lilly of the Valley, Marijuana, or Tulip.

Avoid the following toxic plants found in FLORIDA:

- Bird of Paradise, Bottlebrush, Boxwood, Caladium, Chalice (Trumpet Vine), China Berry Tree.
- Christmas Cactus, Crocus, Croton, Delphinium, Holly, Hyacinth, Ivy, Jasmine, Milkweed, Mistletoe.
- Morning Glory, Oleander, Periwinkle, Philodendron, Poinsettia, Rhododendron, Spanish Bayonet.
- Taro (Elephant Ear), Tomato Plant (Foliage and Vines), Wild Parsnip, and Wisteria.

