

Bearded Dragon Nutritional Information

Feed daily, staple	Green
Feed occasionally	Blue
Feed rarely	Orange
Questionable	Yellow
Never	Red

Food Item	Ca:P	Protein	Fat	Fiber	Sugar	Water	Notes
Alfalfa							Great staple (alfalfa plant, not spouts)
Apple (peeled)	1:1.8	0.2%	0.3%	1.9%	11.5%	85%	
Apricot (fresh)	1:1.4	1.4%	0.4%	2.4%	9.3%	86%	High vitamin A (26 IU/g)
Arugula (raw)	3:1	2.6%	0.7%	1.6%		92%	High vitamin A (24 IU/g), bitter flavor
Asparagus (raw)	1:2.7	2.3%	0.2%	2.1%	2.0%	92%	
Avocado	1:4	2.1%	17.3%	4.9%	1.0%	73%	Unknown toxicity - deadly for birds
Banana	1:3.3	1.0%	0.5%	2.4%	18.4%	74%	High phosphorus
Basil (fresh)	2.2:1	2.5%	0.6%	3.9%		90%	High vitamin A (39 IU/g)
Beans, Garbanzo (canned)	1:2.8	5.0%	1.1%	4.4%	3.8%	70%	Low oxalates (24 ppm)
Beans, Green (canned)	1.4:1	1.2%	0.1%	1.9%		93%	Moderate oxalates (312 ppm)
Beans, Green (raw)	1:1	1.8%	0.1%	3.4%		90%	Moderate oxalates (312 ppm)
Beans, Kidney (canned)	1:3.9	5.2%	0.3%	3.5%		78%	Moderate oxalates (312 ppm)
Beans, Lima (canned)	1:3.5	4.9%	0.2%	4.8%	8.5%	77%	
Beans, Pinto (canned)	1:2.1	4.9%	0.8%	4.6%		78%	
Beans, Soybeans (canned)	1:2.4	16.6%	9.0%	6.0%		63%	Moderate oxalates (770 ppm), goitrogens
Beef (ground, low fat)	1:15.5	26.1%	11.7%	0.0%		61%	High phosphorus and protein
Beet Greens (fresh)	3:1	1.8%	0.1%	3.7%		92%	High oxalates, high vitamin A (61 IU/g)
Beets (canned)	1:1	0.9%	0.1%	1.7%	6.0%	91%	High oxalates (15,000 ppm)
Bell Pepper (green)	1:2	0.9%	0.2%	1.8%		92%	Moderate oxalates (1171 ppm)
Bell Pepper (red)	1:2	0.9%	0.2%	2.0%		92%	High vitamin C (19%), high vitamin A (57 IU/g), moderate oxalates (1,171 ppm)
Bell Pepper (yellow)	1:2.2	1.0%	0.2%	0.9%		92%	
Blackberries (fresh)	1.5:1	0.7%	0.4%	5.3%	7.9%	86%	Moderate oxalates, vitamin C (2%), high in fiber
Blueberries (fresh)	1:1.6	0.7%	0.4%	2.7%	7.3%	85%	Moderate oxalates
Bok Choy (Chinese Cabbage)	2.8:1	1.5%	0.2%	1.0%	1.0%	95%	High vitamin C, high vitamin A (30IU/g), goitrogens
Borage (raw)	1.75:1	1.8%	0.7%	0.0%	0.9%	93%	High in potassium
Bran, Wheat (substrate)	1:73	15.6%	4.3%	42.8%		10%	High phosphorus and fiber
Bread, White	1:1	8.2%	3.6%	2.3%		37%	Great for hiding meds in

Bread, Whole Wheat		1:3.2	9.7%	4.2%	6.9%		38%	Great treat and for hiding meds in
Broccoli (raw)		1:1.4	3.0%	0.4%	3.0%		91%	High vitamin C (9%), moderate oxalates, goitrogens
Butterworms			16.2%	5.2%			59%	
Cabbage, Green (raw)		2:1	1.4%	0.3%	2.3%	2.7%	92%	High vitamin C (3%), goitrogens
Cabbage, Red (raw)		1.2:1	1.4%	0.3%	2.0%	5.4%	92%	High vitamin C (6%), moderate oxalates (350 ppm)
Cactus Pad/Leaf (raw)		2.3:1	0.8%	0.5%				Great staple veggie, high calcium
Cantaloupe (fresh)		1:1.5	0.9%	0.3%	0.8%	8.0%	90%	High vitamin A (32 IU/g)
Carrots (raw)		1:1.7	0.8%	0.5%	1.8%	6.6%	90%	High vitamin A (150 IU/g), moderate oxalates
Cauliflower (raw)		1:2	2.0%	0.2%	2.5%	2.2%	92%	Goitrogens
Celery (stalk & leaves)		1.6:1	0.8%	0.1%	1.7%	1.0%	95%	Finely chop
Chayote		1:1	0.8%	0.1%	1.7%		94%	Moderate oxalates (340 ppm)
Cheerios		1:1	11.0%	6.0%	9.0%		3%	High vitamin D, A and B
Cherries (fresh)		1:1.3	1.2%	1.0%	2.3%	14.6%	81%	Great treat
Chicken (cooked)		1:16.7	27.1%	4.1%	0.0%		68%	High phosphorus, high protein (white meat)
Chicory		2:1	1.7%	0.3%	4.0%	0.9%	92%	High calcium & fiber
Chives		1.6:1	3.3%	0.7%	2.5%		91%	High vitamin C, high oxalates, high vitamin A (44 IU/g)
Cilantro (Coriander)		1.4:1	2.1%	0.5%	2.8%		92%	High vitamin A (40 IU/g), moderate oxalates (50 ppm)
Clover								Great treat
Collard Greens		14.5:1	2.5%	0.4%	3.6%		91%	Great staple, high calcium, moderate oxalates
Corn, Yellow		1:13	2.6%	1.0%	2.0%	5.4%	77%	High phosphorus, moderate oxalates (99 ppm)
Cranberries (fresh)		1:13	0.4%	0.2%	4.2%		87%	High fiber
Cricket (before gut loading)		1:12	21.3%	6.0%	3.2%		70%	Gut-load & dust to increase calcium
Cucumber (peeled)		1:1.5	0.6%	0.2%	0.7%	2.3%	97%	Good source of water, poor nutritional value
Dahlia (flower)								Great treat
Dandelion Greens		2.8:1	2.7%	0.7%	3.5%	2.4%	86%	High calcium, high vitamin A (140 ppm), moderate oxalates, be cautious of pesticides in wild greens
Earthworm			10.0%	2.0%			84%	Do not buy worms raised for bait
Egg (whole, hard boiled)		1:3.4	12.6%	10.6%	0.0%		75%	
Eggplant (raw)		1:3	1.0%	0.2%	2.5%	3.4%	92%	Moderate oxalates (291 ppm), could be toxic to bearded dragons ??
Endive		1.9:1	1.3%	0.2%	3.1%	1.2%	94%	Moderate oxalates, high calcium
Escarole								High calcium, mix with other greens
Figs (raw)		2.5:1	0.8%	0.3%	3.3%	6.9%	79%	High in calcium & fiber, moderate oxalates
Grape Leaves (not ivy)		4:1	5.6%	2.1%	11.0%		73%	High in vitamin A (270 IU/g), high calcium & fiber
Grapefruit (fresh)		1.2:1	0.6%	0.1%	0.0%	6.2%	91%	High in vitamin C (4%)
Grapes (red & green)		1.4:1	0.6%	0.4%	1.0%	16.0%	81%	Moderate oxalates (34ppm)
Guava		1:1.3	0.8%	0.6%	5.4%	6.0%	86%	High fiber & vitamin C, moderate oxalates (140 ppm)
Hibiscus, Rosella (flower)		2.7:1	1.6%	0.1%	2.5%		86%	Great taste & excellent source of vitamins

Hibiscus, Rosella (leaves)		2.3:1	3.3%	0.3%	1.6%		85%	
Honeydew (fresh)		1:1.7	0.5%	0.1%	0.6%		90%	
Kale (raw)		2.4:1	3.3%	0.7%	2.0%	2.2%	84%	High vitamin A (89 ppm), moderate oxalates, goitrogens
Kiwi (fresh)		1:1.5	1.0%	0.4%	3.4%	9.0%	83%	High oxalates and high vitamin C (10%)
Kohirabi (raw)		1:2	1.7%	0.1%	3.6%	4.5%	91%	High vitamin C (6%), goitrogens
Leeks (raw)		1.7:1	1.5%	0.3%	1.8%	3.9%	83%	
Lemon Grass (Citronella)		1:1.5	1.8%	0.5%	25.3%		71%	High fiber
Lettuce, Loose Leaf		1.4:1	1.3%	0.2%	1.0%		96%	Poor nutritional value, may cause diarrhea
Lettuce, Iceberg		1:1	1.0%	0.2%	1.4%	1.8%	96%	Poor nutritional value, may cause diarrhea
Lettuce, Red Leaf		1:1.2	1.3%	0.2%	0.9%		96%	Poor nutritional value
Lettuce, Romaine		1:1.3	1.6%	0.2%	1.7%	2.0%	95%	Poor nutritional value, high vitamin A (26 IU/g), high oxalates
Mango (fresh)		1:1	0.5%	0.3%	1.8%	14.8%	82%	High vitamin A (39 IU/g), moderate oxalates (300 ppm)
Mealworm		1:25	20.3%	12.7%	1.7%		62%	Low calcium, high phosphorus & fat, hard chitin shell
Mushrooms, Portabella (raw)		1:16.3	2.5%	0.2%	1.5%		91%	High phosphorus, Warning - some mushrooms can be very toxic to bearded dragons
Mustard Greens		2.4:1	2.7%	0.2%	3.3%	0.8%	91%	High vitamin C (7%), high vitamin A (53 IU/g), moderate oxalates (1,287 ppm), goitrogens
Nasturtiums (flowers)								Great treat
Nectarine		1:3	0.9%	0.5%	1.6%	8.5%	86%	
Okra (raw)		1.3:1	2.0%	0.1%	3.2%	2.4%	90%	Moderate oxalates
Olives (canned, pitted)		29:1	0.8%	10.7%	3.2%		80%	High in calcium & fat, high vitamin E (3%)
Orange, Mandarin		1.4:1	0.6%	0.2%	2.3%		88%	Navel oranges have more vitamin C and less vitamin A
Orange, Navel		2:1	1.0%	1.0%	2.4%	8.9%	87%	High vitamin C (6%), moderate oxalates (87 ppm)
Papaya (fresh)		5:1	0.6%	1.0%	1.8%	5.9%	89%	Great staple, high calcium, high vitamin C (6%)
Parsley		2.4:1	3.0%	0.8%	3.3%	1.1%	88%	High oxalates (14:1ox/ca), high vitamin C (13%) and high vitamin A (51 IU/g)
Parsnip (raw)		1:2	1.2%	0.3%	4.9%	4.8%	80%	Moderate oxalates (205 ppm), high fiber
Peach (fresh)		1:2.4	0.7%	0.1%	2.0%	8.7%	88%	Low oxalates (10 ppm), goitrogens
Pear, Asian (fresh)		1:2.8	0.5%	0.2%	3.6%		88%	High oxalates
Pear (fresh)		1:1	0.4%	0.4%	2.4%	10.5%	84%	High oxalates
Peas, Green (raw)		1:4.3	5.4%	0.4%	5.1%	4.5%	79%	
Peas, Snap (pea & pod)		1:1.2	2.8%	0.2%	2.6%		89%	Moderate oxalates (60 ppm)
Peppermint Leaves		3.3:1	3.8%	0.9%	8.0%		79%	High vitamin C, high vitamin A (43 IU/g), high fiber
Pineapple (canned)		2:1	0.4%	0.1%	0.8%		86%	Moderate oxalates (58 ppm)
Pineapple (fresh)		1:1	0.4%	0.4%	1.2%	12.0%	87%	Moderate oxalates (58 ppm)
Pinkie Mouse		1:1						Very high in fat

Plum (fresh)		1:2.5	0.8%	0.6%	1.5%	7.5%	85%	
Pomegranate		1:2.7	1.0%	0.3%	0.6%	9.0%	81%	Moderate oxalates (140 ppm)
Pork Chop (cooked)		1:7.8	30.2%	8.1%	0.0%		61%	High in phosphorus
Potato, Russet (cooked)		1:5	1.7%	0.1%	1.8%	1.0%	77%	Moderate oxalates (150 ppm), high phosphorus
Potato, Sweet (cooked)		1:1.3	1.7%	0.3%	1.8%	5.0%	73%	High vitamin A (171 ppm), moderate oxalates (1,000 ppm)
Prunes (canned)		1:1.5	0.9%	0.2%	3.8%		71%	
Pumpkin (raw)		1:2	1.0%	0.1%	0.5%	4.4%	92%	Moderate oxalates (400 ppm)
Radicchio		1:2	1.4%	0.3%	0.9%		93%	
Radish (raw)		1:1	0.6%	0.5%	1.6%	2.7%	95%	Moderate oxalates (92 ppm)
Raisins (seedless)		1:2	3.2%	0.5%	4.0%	62.0%	15%	Great treat, high fiber, high sugar content
Raspberries (fresh)		1:1.2	0.9%	0.6%	6.8%		87%	Moderate oxalates
Rhubarb		6:1	0.9%	0.2%	1.8%	0.9%	94%	Highly toxic! High oxalates (13,360 ppm)
Rice (brown, long grain)		1:8.3	2.6%	0.9%	1.8%		73%	Must be cooked
Rosemary (fresh)		4.8:1	3.3%	5.9%	4.0%		68%	High calcium and fiber
Rutabaga (raw)		1:1.2	1.2%	0.2%	2.5%	5.6%	90%	Goitrogens
Salmon, Pink (canned)		1:1.5	19.8%	6.1%	0.0%		70%	High protein
Sardines (canned)		1:1.3	24.6%	11.5%	0.0%		60%	High protein
Seaweed (Kelp)		4:1	1.7%	0.6%	1.3%		82%	High calcium
Silkworm		1:2.4	63.8%				76%	Contain an enzyme called serrpeptase, has properties that make calcium absorption more efficient, can reduce inflammation, pain and best of all it can break down arterial plaque.
Spaghetti (cooked)		1:7	4.8%	0.7%	1.7%		66%	
Spearmint		3.3:1	3.3%	0.7%	6.8%		86%	
Spinach		2:1	2.9%	0.4%	2.7%	0.4%	92%	High vitamin A (67 IU/g), high in oxalates (19:1 ox:ca), goitrogens
Sprouts, Brussel		1:1.6	3.4%	0.3%	3.8%	2.2%	86%	High vitamin C (8%), goitrogens
Squash, Acorn		1:1	0.8%	0.1%	1.5%	2.2%	88%	
Squash, Butternut (Winter)		1.5:1	1.0%	0.1%	11.7%	2.2%	86%	High in fiber, high vitamin A (78 IU/g)
Squash, Hubbard		1:1.5	2.0%	0.5%	8.7%	2.2%	88%	High fiber, high vitamin A (54 IU/g)
Squash, Scallop		1:2	1.2%	0.2%	3.8%	2.2%	94%	
Squash, Spaghetti		2:1	0.6%	0.6%	6.9%	2.2%	92%	High calcium and fiber
Squash, Summer		1:1.8	1.2%	0.2%	1.9%	2.2%	94%	
Starfruit (Carambola)		1:4	0.5%	0.4%	2.7%	7.1%	91%	High oxalates (95,800 ppm)
Strawberries (fresh)		1:1.4	0.6%	0.4%	2.3%	5.7%	92%	High vitamin C, moderate oxalates
Superworms		1:18	17.4%	17.9%	6.8%		60%	High phosphorus, dust & gutload to increase calcium
Swiss Chard		1:1	1.8%	0.2%	1.6%	1.0%	93%	High vitamin A (33 IU/g), high oxalates

Swiss Cheese		1.6:1	28.4%	27.5%	0.0%		37%	High vitamin D and A
Tofu (soft, raw)		3.6:1	8.1%	4.8%	0.3%	0.4%	85%	High protein (has not been tested for bearded dragons)
Tomato, Red (raw)		1:5	0.9%	0.3%	1.1%	3.0%	94%	Moderate oxalates (263 ppm), acidic
Turnip (raw)		1:1	0.9%	0.1%	1.8%	3.8%	92%	Moderate oxalates (4:1 ox:ca), goitrogens
Turnip Greens		4.5:1	1.5%	0.3%	3.2%	1.0%	91%	High vitamin C (6%), high vitamin A (76 IU/g), moderate oxalates
Watercress		2:1	2.3%	0.1%	0.5%	0.4%	95%	High vitamin C (4%), high vitamin A (47 IU/g), high oxalates (6:1 ox:ca)
Watermelon		1:1	0.6%	0.4%	0.5%	9.0%	92%	
Wax Worms		1:7	15.5%	22.2%	7.7%		62%	High phosphorus, dust & gutload to increase calcium
Wheat Grass		1:1	25.0%					Very nutritious for reptiles and humans
Yams (raw)		1:3.2	1.5%	0.2%	4.1%	0.5%	70%	
Yogurt (with active cultures)		1.3:1	4.4%	1.8%	0.0%		75%	Although yogurt can increase the good gut flora, it is now believed that bearded dragons cannot properly digest dairy products
Yucca Roots (Cassava)		1:1.7	1.4%	0.3%	1.8%		60%	
Zophobas Worms			19.0%	17.0%			58%	
Zucchini (raw, peeled)		1:4.4	2.7%	0.4%	1.1%	2.2%	93%	High phosphorus