

## Bearded Dragon Greens/Vegetables/Fruits and Treats

All food information in the below tables is based on information received from <http://www.greenigsociety.org/foodchart.htm>. The Green Iguana Society Site has additional information on the food items below, such as, pictures of the food and more specific nutritional information. My purpose in reordering their tables was so I could use them as a shopping list.

Staple Greens	Information	Preparation
Chicory Greens (Escarole)	Excellent Staple when mixed with other greens. High in Calcium.	Cut into larger pieces or strips. Finely chop, shred or discard stems.
Collard Greens	Excellent Staple. High in Calcium and Goitrogens.	Cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.
Dandelion Green	Excellent Staple. High in Calcium.	Cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.
Endive	Excellent Staple when mixed with other greens. High in Calcium.	Cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.
Mustard Greens	Excellent choice for greens. High in calcium, but somewhat high in goitrogens.	Cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.
Turnip Greens	Very high in Calcium. Somewhat high amount of Oxalates and Goitrogens.	Cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.
Watercress	Very high in Calcium	

Staple Vegetables	Information	Preparation
Acorn Squash	Good Fiber	Discard rinds. Finely chop/shred core.
Butternut Squash	Very good Staple. Excellent Fiber.	Discard peel and core. Finely chop/shred.
Green Beans	Good Staple	Finely chop/shred.
Kabocha Squash		Discard peel and core. Finely chop/shred.
Okra		Finely chop/shred.
Parsnip	High in Fiber and Carbohydrates.	Peel and shred.
Snap Peas		Finely chop.
Sweet Potato		Peel and finely chop.
Yucca Root (Cassava)		Peel and finely chop/shred.

Staple Fruit	Information	Preparation
Cactus Leaves (Prickly Pear)	High Calcium.	Finely Chop/Shred.
Mango		Peel, Pit, Finely Chop/Crush.
Papaya	Good source of fiber.	Peel, Remove Seeds, Finely Chop/Shred.

Other Staples	Information	Preparation
Alfalfa		

Occasional Greens	Information	Preparation
Beet Greens	High in Oxalates	Cut into larger pieces or strips. Finely chop or discard stems.
Bok Choy	High in Goitrogens.	Cut green portion into large pieces or strips. Finely chop white portion or discard.
Carrot Tops	High in Oxalates.	Finely chop.
Coriander (Cilantro)	High in Oxalates.	Finely chop.

Kale	High in Oxalates and Goitrogens.	Cut into larger pieces or strips. Finely chop, shred or discard stems. Store cut, dried pieces in plastic storage bag with other greens wrapped in paper towels. Squeeze air out of bag.
Parsley	High in Calcium.	Finely Chop.
Spinach	High in Calcium, Oxalates and Goitrogens.	Finely Chop.
Swiss Chard	High in Oxalates.	Finely Chop.

Occasional Vegetables	Information	Preparation
Asparagus	Good source of protein.	Finely chop/shred.
Beets	High in Oxalates.	Finely chop.
Bell Peppers	Great taste and color enhancer.	Discard core. Finely chop/shred.
Broccoli	High in Oxalates and Goitrogens.	Finely chop/shred. Can also feed leaves.
Brussels Sprouts	High in Goitrogens.	Finely chop/shred.
Cabbage	High in Goitrogens.	Finely chop/shred.
Carrots	May cause extremely runny and smelly poop.	Discard peels. Finely chop/shred.
Cauliflower	High in Goitrogens.	Finely chop/shred.
Celery		Very Finely chop/shred.
Cucumber	Lacks nutrition. Good for Water.	Finely chop/shred.
Mushrooms	Very high in phosphorus.	Finely chop.
Pumpkin		Remove rind, core and finely chop/shred.
Rutabaga		Peel and finely chop/shred.
Spaghetti Squash		Peel, core and finely chop.
Yellow Squash		Very Finely chop/shred.
Zucchini		Very Finely chop/shred.

Occasional Fruits	Information	Preparation
Apples		Peel, core and finely chop.
Bananas		Peels can be fed if organically grown.
Blackberries	Great Treats.	
Cantaloupe	Great source of Water.	Discard rinds and core. Finely chop.
Grapes	Great Treat. High in Oxalates. High in Water.	Crush/chop.
Honeydew Melon		Discard rinds and core. Finely chop.
Kiwi		Discard peel and seeds. Finely chop/crush
Peaches	High Goitrogens.	Peel, remove pits and chop.
Pears	High in Oxalates.	Peel, core and finely chop.
Raspberries	High in Fiber	Only give whole to adult beardies. Crush otherwise
Strawberries	High in Oxalates and Goitrogens.	Remove stems and tops, finely chop.
Tomatoes	High in Oxalates. Great color enhancer.	Finely chop.
Watermelon	High Water. Little nutrition.	

Other Occasionals	Information	Preparation
Dahlia	Great Treat.	
Hibiscus	Great Treat. Don't use if treated with pesticides or chemicals.	Feed flower and leaves.
Lentils		Cook, Finely Chop

Nasturtiums	Both flowers and leaves are okay to feed. Use caution and do not use plants that may have been treated with any pesticides or other chemicals.	
Pasta (cooked)		Cook, cool and chop. Only use pasta made without egg.
Rice (cooked)		Cook, drain and cool.
Whole Wheat Bread	Just use as an occasional treat. Great to hide liquid medicine in.	

Rare or Never	Information	Preparation
Corn	Extremely low in Calcium and high in Phosphorus. Use only if diet is high in Calcium.	Finely chop.
Cabbage	High in Goitrogens.	Finely chop/shred.
Lettuces	Poor in overall nutritional value. Romaine lettuce can also cause extremely runny and smelly poop.	
Chemically treated foods	Avoid feeding any vegetables, flowers, fruits that have been treated with any pesticides.	