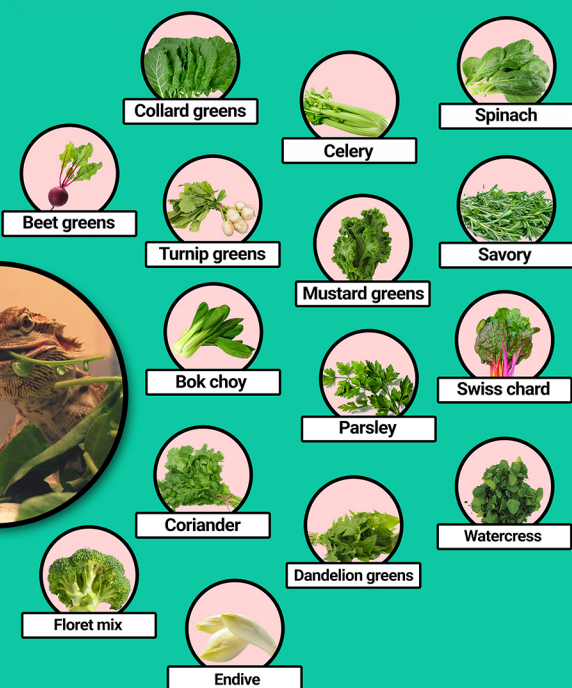


WORLD OF HUMAN FOODS FOR BEARDED DRAGONS



VEGETABLES AND GREENS



CAN BEARDED DRAGON EAT SPINACH?

THIS HUMAN GREEN FOOD IS ALSO EDIBLE TO BEARDED DRAGONS. BUT, THE RESEARCHERS RECOMMEND NOT TO FEED SPINACH TO A BEARDED DRAGON.

ALTHOUGH SPINACH CONTAINS A GOOD LEVEL OF CALCIUM AND PHOSPHORUS, THE CALCIUM BINDS WITH THE OXALATES. AS A RESULT, THESE BINDINGS PREVENT THE ABSORPTION OF BEARDED DRAGONS.

HOW OFTEN CAN BEARDED DRAGONS EAT CARROTS?

IN THE WILD, BEARDED DRAGONS DO NOT GET TO EAT CARROTS EVERY DAY. SO, THIS HUMAN FOOD IS NOT A MANDATORY VEGETABLE IN A BEARDED DRAGON'S DIET. BUT, CARROTS ARE A GREAT SOURCE OF VITAMIN A AND BETA CAROTENE. HENCE, YOU CAN FEED CARROTS TO BEARDED DRAGONS ONCE OR TWICE A WEEK.

HOW MUCH GREENS SHOULD YOU FEED YOUR BEARDED DRAGON?

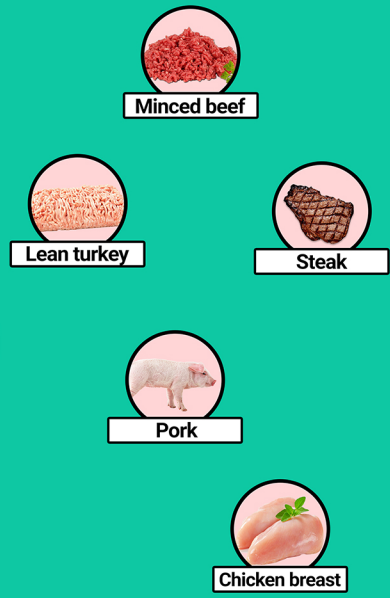
IF YOUR BEARDED DRAGON IS A BABY, YOUR BEARDIE WILL NEED PROTEIN FOR ITS FAST GROWTH. HENCE, THE LARGEST AMOUNT OF FOODS IN THEIR DIET ARE INSECTS. YOU CAN KEEP 20-30% GREENS IN THE DIET OF JUVENILE BEARDED DRAGONS.

WHAT KIND OF SALAD CAN YOU GIVE YOUR BEARDED DRAGON?

YOU CAN CHOOSE CHICORY, LOLLO ROSSO, ENDIVES, KALE, ROMAINE LETTUCE, ARUGULA, LOLLO BIONDA, RADICCHIO, ETC.

YOU CAN USE ALMOST ALL TYPES OF HUMAN FOOD COMPONENTS IN THE SALAD. BUT, WHEN IT IS CONCERNED OF BEARDED DRAGON'S SALAD, ICE-BERG LETTUCE, CABBAGE LETTUCE, LAMB'S LETTUCE SHOULD BE AVOIDED.

FRUITS & MEAT



WHICH HERBS AND SPICES CAN BEARDED DRAGONS EAT?

- BASIL
- PEPPERMINT
- ROSEMARY
- FENNEL
- MARJORAM
- CILANTRO
- THYME
- OREGANO
- SAGE
- CHERVIL
- LAVENDER
- LOVAGE
- DILL
- CRESS

CAN BEARDED DRAGONS EAT FISH?

AS BEARDED DRAGONS ARE OMNIVOROUS, YOU MIGHT BE THINKING OF FEEDING FISH TO YOUR BEARDIE. BUT, THIS HUMAN FOOD IS ENTIRELY UNSAFE FOR YOUR BEARDED DRAGONS.

BEARDED DRAGONS CAN NOT EAT FISH IN ANY WAY. NO MATTER IF THE FISH IS COOKED, RAW, PROCESSED, OR SMOKED, FISH IS HARMFUL TO THE HEALTH OF BEARDED DRAGONS.

CAN BEARDED DRAGONS EAT CHICKEN?

HICKEN DOES NOT HOLD ANY NUTRITIONAL VALUE TO BEARDED DRAGONS, ALTHOUGH YOU MIGHT WANT TO LET YOUR BEARDIE TASTE THIS HUMAN FOOD. RATHER, IT WILL BE RISKY FOR THEIR HEALTH.

ALTHOUGH BEARDED DRAGONS CAN EAT CHICKEN, YOU SHOULD NOT FEED THEM CHICKEN. NEITHER COOKED NOR RAW CHICKENS ARE HEALTHY FOR BEARDED DRAGONS.

WHAT HUMAN FOODS CAN BEARDIES EAT?

YOU CAN CERTAINLY FEED A BANANA TO YOUR BEARDED DRAGON. BUT, YOU SHOULD FEED BANANAS OCCASIONALLY IN SMALL DOSES.

YOU MIGHT NOT KNOW THAT THE PHOSPHORUS TO CALCIUM RATIO IN A BANANA IS 3:1. IT IS PRETTY HARMFUL TO YOUR BEARDIE'S HEALTH. ALSO, BANANA IS MUCH SUGARY.