



REPTILE FRUITS & VEGETABLES

Ca.P - Calcium : Phosphorus , Pro - Protein

<u>FOODS</u>	<u>Ca.P</u>	<u>Pro.</u>	<u>Fat.</u>	<u>Water.</u>	<u>Fiber.</u>	<u>INFORMATION.</u>
ACORN SQUASH	0.9:1	0.8%	0.1%	88%	1.5%	GOOD SOURCE OF FIBRE RIND SHOULD BE DISCARDED CORE FINELY CHOP OR SHRED STAPLE VEGIE
ALFALFA	(LUCERNE)					STAPLE
APPLES	0.6:1	0.15%	0.3%	84.50%	1.9%	SHOULD BE PEELED,CORE AND FINELY CHOPPED OR SHREDDED OCCASIONAL
ASPARAGUS	0.38:1	2.3%	0.2%	92%	2.1%	VERY GOOD SOURCE OF PROTIEEN SHOULD BE FINELY CHOPPED OR SHREDDED. OCCASIONAL
BANANAS	0.3:1	1%	0.5%	75%	2.4%	ONLY ON OCCASION.PEELS MAY BE FED BUT ONLY IF THEY WERE ORGANICALLY GROWN. OCCASIONAL
BEETS & BEET GREENS	0.4:1 0.3:1	1.6% 1.8%	0.17% 0.06%	87% 92%	2.8% 3.7%	HIGH IN OXALATES , SO IT SHOULD ONLY BE FED OCCASIONALLY BEETS SHOULD BE FINELY CHOPPED. GREENS ARE BEST WHEN CUT INTO LARGE PIECES OR STRIPS. STEMS SHOULD BE FINELY CHOPPED. OCCASIONAL
BELL PEPPERS	0.5:1	0.9%	0.2%	92%	2%	GREAT FOR ADDING COLOR AND VARIETY. THIS CATAGORY INCLUDES RED PEPPERS,GREEN PEPPERS AND OTHER BELL PEP. SHOULD BE CORED AND THEN FINELY CHOPPED . GREAT TASTE/COLOR ENHANCER
BLACKBERRIES	1.5:1	0.7%	0.4%	86%	5.3%	GREAT FOR TREATS AND REGULAR PART OF FRUIT CONTENT. OCCASIONAL
BOK CHOY	2.8:1	1.5%	0.2%	95%	1%	ALSO KNOWN AS OR EQUIVALENT TO CHINESE CABBAGE. HIGH IN GOISTROGEN. CUT GREEN PORTION INTO STRIPS, WHITE PORTION MAY BE DISCARDED OR FINELY CHOPPED OCCASIONAL



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BROCCOLI	0.7:1	3%	0.4.%	91%	3%	HIGH IN OXALATES AND GOITROGENS AND SHOULD BE FED OCCASIONAL. CUT INTO VERY SMALL PIECES OR SHRED. LAEVES CAN ALSO BE FED. OCCASIONAL
BRUSSELS SPROUTS	0.6:1	3.30%	0.3.%	86%	3.80%	HIGH IN GOITROGEN AND SHOULD ONLY BE FED ON OCCASION. SHOULD BE FINELY CHOPPED OR SHRED OCCASIONAL
BUTTERNUT SQUASH	0.6:1	1.2.%	0.2.%	94%		VERY GOOD STAPLE VEGIE AND EXCELLENT SOURCE OF FIBRE. SHOULD BE PEELED CORED AND FINELY CHOPPED STAPLE VEGGIE
CABBAGE	2:1	1.5.%	0.27.%	92%	2.3.%	HIGH IN GOITROGEN AND SHOULD ONLY BE FED ON OCCASION.FINELY CHOPPED OCCASIONAL
CACTUS LEAVES PRICKLY PEAR	2.32:1	0.8.%	0.5.%			HIGH IN CALCIUM. SHOULD BE CHOPPED OR SHREDDED. STAPLE FRUIT
CANTELOPE	0.7:1	0.9.%	0.3.%	90%	0.8.%	SHOULD BE CORED, RINDS DISCARDED AND FINELY CHOPPED. GREAT SOURCE OF ADDITIONAL WATER. OCCASIONAL
CARROTS	0.6:1	1%	0.2.%	88%	3%	SHOULD BE PEELED AND FINELY CHOPPED (CARROTS TOPS CAN BE HIGH IN OXALATES AND SHOULD ONLY BE FED ON OCCASION. OCCASIONAL
CAULIFLOWER	1:2	2%	0.2.%	92%	2.5.%	HIGH IN GOISTROGENS AND SHOULD ONLY BE FED OCCASIONALLY. FINELY CHOPPED OR SHREDDED. OCCASIONAL



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CELERY	1.6:1	0.75.%	0.14.%	95%	1.7.%	SHOULD BE VERY FINELY CHOPPED OR SHREDDED. OCCASIONAL
CHICORY GREENS ESCAROLE	1.0.9	1.70%	0.3.%	92%	4%	EXCELLENT CHOICE FOR GREENS AND HIGH IN CALCIUM. BEST WHEN CUT INTO LARGER PIECES OR SRIPS. FINELY CHOP , SHRED STEMS. STAPLE GREENS
COLLARD GREENS	14.5:1	2.5.%	0.4.%	91%	3.6.%	EXCELLENT CHOICE FOR GREENS. HIGH IN CALCIUM AND SOMEWHAT HIGH IN GOITROGEN. BEST WHEN CUT INTO LARGE PIECES. STAPLE GREENS
CORIANDER CILANTRO	1.4:1	2.1.%	0.5.%	92%	2.8.%	GOOD CHOICE FOR AN OCCASIONAL GREEN.HIGH IN OXALATES FINELY CHOP. OCCASIONAL
CORN	0.03:1	9.4.%	4.7.%	4.7.%	10.4.%	EXTREMELY LOW IN CALCIUM AND HIGH IN PHOSPHORUS. USE SPARINGLY AND ONLY IF OVERALL DIET IS LOADED WITH CALCIUM. RARELY OR NEVER
CUCUMBER	0.7:1	0.7.%	0.18%	96%	0.8.%	LACKS IN NUTRISION , BUT OKAY ON OCCASION FOR ADDITIONAL WATER AND FLAVOUR. OCCASIONAL
DAHLIA						BOTH FLOWERS AND LEAVES ARE OKAY TO FEED. USE CAUTION AND DO NOT USE PLANTS THAT MAY HAVE BEEN TREATED WITH ANY PESTICIDES OR CHEMICALS GREAT TREAT



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DANDELION GREENS	2.8:1	2.7%	0.7%	86%	3.5%	EXCELLENT CHOICE FOR GREENS AND HIGH IN CALCIUM. BEST WHEN CUT INTO LARGER STRIPS , FINELY CHOP STEMS.BOTH FLOWER AND LEAVES CAN BE FED. STAPLE GREENS
ENDIVE	1.86:1	1.2%	0.4%			EXCELLENT CHOICE FOR GREENS AND HIGH IN CALCIUM. BEST WHEN CUT INTO LARGER STRIPS , FINELY CHOP STEMS. STAPLE GREENS
GRAPES	0.8:1	0.7%	0.6%	81%	1%	HIGH IN OXALATES. SHOULD BE CRUSHED OR CHOPPED. IGUANAS CAN EAT WHOLE GRAPES. OCCASIONAL / TREAT
GREEN BEANS	1.1	1.8%	0.1%	90%	3.4%	GOOD CHOICE FOR STAPLE VEGETABLE. SHOULD BE FINELY CHOPPED. STAPLE VEGGIE
HIBISCUS						BOTH FLOWERS AND LEAVES ARE OKAY TO FEED. USE CAUTION AND DO NOT USE PLANTS THAT MAY HAVE BEEN TREATED WITH PESTICIDES OR CHEMICALS GREAT TREAT
HONEYDEW MELON	0.6:1	0.5%	0.1%	90%	0.6%	SHOULD BE CORED,RINDS DISCARDED AND FINELY CHOPPED. OCCASIONAL
KABOCHA SQUASH	0.6:1	1.2%	0.2%	94%	1.9%	SHOULD BE PEELED,CORED AND FINELY CHOPPED. STAPLE VEGGIE
KALE	2.4:1	3.3%	0.7%	84%	2%	HIGH IN OXALATES AND GOITROGEN. CUT INTO LARGE PIECES. FINELY CHOP STEMS OCCASIONAL



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KIWI FRUIT	0.7:1	1%	0.4%			SHOUL BE PEELED,SEEDS REMOVED AND FINELY CHOPPED OCCASIONAL
LENTILS	0.14:1	9%	0.5%	67%	22%	BEST IF COOKED AND FINELY CHOPPED OCCASIONAL
LETTUCES romaine iceburg loose leaves	0.8:1 1.1 0.4:1	1.6% 1% 1.3%	0.2% 0.2% 0.3%	95% 96% 94%	1.7% 1.4% 1.9%	LETTUCES ARE VERY POOR IN OVERALL NUTRITIONAL VALUE. RARELY OR NEVER
MANGO	0.9:1	0.5%	0.3%	82%	1.8%	SHOULD BE PEELED,PITTED AND FINELY CHOPPED. STAPLE FRUIT
MUSHROOMS	0.05:1	2.9%	0.3%	92%	1.2%	VERY HIGH IN PHOHORUS AND SHOULD ONLY BE FED OCCASIONALLY.FINELY CHOPPED. OCCASIONAL
MUSTARD GREENS	2.4:1	2.7%	0.2%	91%	3.3%	EXCELLENT CHOICE FOR GREENS. HIGH IN CALCIUM BUT SOMEWHAT HIGH IN GOITROGEN.FINELY CHOPPED OCCASIONAL
NASTURTIUMS						BOTH FLOWERS AND LEAVES ARE OKAY TO FEED.USE CAUTION AND DO NOT USE PLANTS THAT HAVE BEEN TREATED WITH PESTICIDES. GREAT TREAT
OKRA	1.3:1	2%	0.1%	90%	3.2%	SHOULD BE FINELY CHOPPED OR SHREDDED. STAPLE VEGGIE
PAPAYA	4.8:1	0.6%	0.1%	89%	1.8%	GOOD SOURCE OF FIBER. SHOULD BE PEELED,SEEDS REMOVED AND FINELY CHOPPED STAPLE FRUIT
PARSLEY	2.4:1	3%	0.8%	88%	3.3%	GOOD SOURCE OF CALCIUM OCCASIONAL



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PARSNIP	1.2	1.2%	0.3%	80%	4.9%	SHOULD BE PEELED AND SHREDDED.VERY GOOD SOURCE OF FIBER AND CARBOHYDRATES. STAPLE VEGGIE
PASTA	0.1:1	5.2%	1%	69%		SHOULD BE COOKED,COOLED AND CHOPPED.USE PASTA MADE WITHOUT EGG. OCCASIONAL
PEACHES	0.4:1	0.7%	0.09%	88%	2%	HIGH IN GOITROGENS. SHOULD BE PEELED,PITS REMOVED AND FINELY CHOPPED. OCCASIONAL
PEARS	1.1	0.4%	0.4%	84%	2.4%	HIGH IN OXALATES.SHOULD BE PEELED ,CORED AND FINELY CHOPPED OCCASIONAL
PUMPKIN	0.5:1	1%	0.1%	92%	0.5%	RIND SHOULD BE DISCARDED. CORE AND FINELY CHOPPED. OCCASIONAL
RASBERRIES	1.8:1	0.9%	0.6%	87%	6.8%	EXCELLENT SOURCE OF FIBER. SHOULD BE CRUSHED FOR SMALLER IGUANAS.LARGER IGUANAS CAN BE FED WHOLE RASBERRIES OCCASIONAL
RICE	0.08:1	2.4%	0.2%	68%		SHOULD BE COOKED. OCCASIONAL
RUTABAGA	0.8:1	1.2%	0.2%	90%	2.5%	SHOULD BE PEELED AND FINELY CHOPPED OCCASIONAL
SNAP PEAS	0.1:1	0.8%	0.04%			FINELY CHOPPED STAPLE VEGGIE
SPAGHETTI SQUASH	0.6:1	1.2%	0.2%	94%	1.9%	SHOULD BE PEELED ,CORED AND FINELY CHOPPED OCCASIONAL



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SPINACH	2.1	2.9.&	0.4.%	92%	2.7.%	HIGH IN CALCIUM,BUT VERY HIGH IN OXALATES AND GOITROGEN,SO IT SHOULD ONLY BE FED OCCASIONALLY OCCASIONAL
STRAWBERRIES	0.7:1	0.6.%	0.4.%	92%	2.3.%	HIGH IN OXALATES AND GOITROGENS.REMOVE STERNS AND CAPS.FINELY CHOP. OCCASIONAL
SWEET POTATO	0.8:1	1.7.%	0.3.%	73%	3%	SHOULD BE PEELED AND VERY FINELY SHREDDED.HIGH IN PHOSPHORUS. OCCASIONAL
SWISS CHARD	1.8:1	0.2.%	0.1.%			VERY HIGH IN OXALATES AND SHOULD ONLY BE FED OCCASION FINELY CHOPPED. OCCASIONAL
TATOES	0.2:1	0.9.%	0.3.%	94%	1.1.%	HIGH IN OXALATES.FINELY CHOP COLOR / TASTE ENHANCER
TURNIP GREENS	4.5:1	1.5.%	0.3.%	91%	3.2.%	DECENT CHOICE FOR GREENS. VERY HIGH IN CALCIUM AND SOMEWHAT HIGH IN GOITROGEN CUT IN LARGER STRIPS AND FINELY CHOP STEMS. STAPLE GREEN
WATERCRESS	2.1	2%	0%			EXCELLENT CHOICE FOR GREENS VERY HIGH IN CALCIUM.CUT IN LARGER PIECES AND FINELY CHOP STEMS. STAPLE GREEN
WATERMELON	0.9:1	0.6.%	0.4.%	92%	0.5.%	LITTLE NUTRITION. OCCASIONAL
WHOLE WHEAT BREAD	0.3.1	9.7.%	4.2.%	38%	6.9.%	VERY HIGH IN PHOSPHORUS HIDE LIQUID MEDICATION GREAT TREAT
YELLOW SQUASH	0.57:1	1.2.%	0.2.%	94%	1.9.%	FINELY CHOPPED OCCASIONAL



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YUCCA ROOT CASSAVA	1.1.7	1.36%	0.28%	59.7.%	1.8.%	VERY TOUGH.SHOULD BE PEELED AND FINELY CHOPPED STAPLE VEGGIE
ZUCCHINI	0.47:1	1.1.%	0.1.%	95%	1.2.%	FINELY CHOPPED OCCASIONAL



ANALYSIS	CRICKETS	MEALWORMS	SUPERWORMS	PHOENIX WORMS
FAT	6.0%	12.7%	17.9%	9.4%
PROTIEN	21.3%	20.3%	17.4%	17.3%
CALCIUM PPM	345.00%	133.00%	124.00%	8155.00%
PHOSPHORUS PPM	4238.00%	3345.00%	2320.00%	5355.00%
CALCIUM				
PHOSPHORUS RATIO	0.1%	0.0%	0.1%	1.5%