I'm not a robot

Bearded dragons are omnivores, which means they eat both plant and meat based foods. If you own a Bearded Dragon you may be concerned about making sure your pet has enough variety in their diet. Its great to make sure you offer an assortment of options, but do you know which food are actually bad for your bearded dragon to eat? In this article well show you what not to feed Bearded Dragons and tell you why.Some foods are harmful, too hard to digest, can make your dragon sick or are downright poisonous. Its important to identify these foods and make sure you know what is safe for your bearded dragon to eat.Bearded Dragons need a 2:1 Calcium to Phosphorus ratio in their diet to remain healthy. It is important that their calcium intake is higher than their phosphorus intake. For this reason foods high in phosphorus are dangerous to feed.Foods high in oxalates are also dangerous because oxalates interfere with the dragons ability to absorb calcium, throwing off that important ratio. Other food items are dangerous because they contain compounds that are poisonous, may contain harmful microorganisms, or impair absorption of other vitamins and minerals.Lets dive into which foods are never okay for your Bearded Dragon, and which are ok but can only be fed as a rare treat.What not to feed Bearded Dragons? 21 foods that can be toxic1. Onions and ChivesOnions, raw or cooked, should not be fed to bearded dragons. They are not only too acidic for your dragons sensitive digestive system, but they also contain other compounds that are not healthy. There is little research on the matter when it comes to reptiles, but onions have been proven time and again dangerous for other pets. So always keep onions away.2. MushroomsMushrooms contain high phosphorus and acidic content and can be toxic to bearded dragons among ingestion. Some mushrooms may be less problematic than others, but unless you are a fungi expert its best to avoid all mushrooms.3. LeeksLeeks are part of the onion family like chives, and they should not ingest them. It is thought that too many leeks can cause organ failure, although the exact quantity that causes this is unknown. So for now, leeks are on the can not eat list.4. GarlicGarlic is in the same genus as onions, chives, & leeks, and therefore it is better to play it safe.5. RhubarbRhubarb can be deadly to bearded dragons. It contains high levels of oxalic acid, enough to be poisonous to bearded dragons.6. AvocadosAvocados are toxic and can even be lethal to bearded dragons. They also contain oxalic acid. Oxalic acid binds to minerals like calcium and prevents your bearded dragon from being able to absorb them.7. EggplantsEggplants, raw or cooked are way too acidic for a bearded dragon. So its better to be safe than sorry with this fruit. Too much could prove hazardous.8. Iceberg lettuceIceberg lettuce made it on the list because of its lack of nutritional value. Your beardie could eat a lot of it and feel full, but be getting almost no nutrients from it whatsoever. Too much of this can lead to various vitamin deficiencies. It is also high in water, and eating too much could lead to diarrhea. This technically is ok to feed sometimes but your pet really isnt getting anything out of it so might as well avoid it.You may also like: 7 Largest Pythons Discovered in Florida9. ButtercupButtercups are considered toxic to Bearded dragons and should not be allowed to eat. If you are looking for new food to try with your bearded dragon, they can eat dandelions.10. Wild-Caught InsectsDo not give you bearded dragon wild insects. You may think its a great idea to catch your own bugs to save money and maybe rid your yard of pests, but they may be harmful. Many wild insects contain parasites that can be transmitted to your bearded dragon if they eat them. If you want to feed live insects always buy them from a reputable pet shop where they are screened for harmful parasites.11. FirefliesFireflies contain toxins that are fatal to bearded dragons, and it doesnt take much. They should never be allowed to eat fireflies. Sadly there have been many reports of reptiles dying from ingesting fireflies and other luminescent insects. It is believed the toxic element of these insects is in the chemicals that allow them to glow.12. Box Elder BugsBox elder bugs are very toxic and can be fatal to bearded dragons.13. LadybugsLadybugs like fireflies and box elder bugs are poisonous to bearded dragons. Be sure there are no spots in your bearded dragons enclosure they or any wild bug can get through.14. Caterpillars and ButterfliesCaterpillars and butterflies may seem harmless but many can be deadly to bearded dragons. The problem is, they spend all day eating all sorts of different plants. Many of these plants have toxins in them that can be very dangerous for a bearded dragon. So while the dragon is not directly eating those toxic plants, by consuming the caterpillar or butterfly that did, it is still ingesting the same toxins.15. Venomous insectsInsects such as wasps, scorpions, hornets, bees, centipedes and certain spiders are a no-go because they are venomous. Putting these live insects in your bearded dragons tank could cause them injury through biting or stinging. If the dragon ingests these insects it is also ingesting their toxic venom which could cause sickness and death.16. Dairy productsDairy products such as milk, cheese and yogurt are not safe for Bearded Dragons because they do not produce the enzymes required to digest milk.17. Acidic FruitsFruits like oranges, tomatoes, lemons, limes, grapefruit, pineapple, tangerines should never be fed or given rarely. The acidity in these fruits can be very high and can seriously upset the balance of the digestive tract. This can cause digestive problems such as runny stools for your bearded dragon.18. Unsafe PlantsIt is normal to want to add plants to your Bearded Dragon enclosure. Plants create a very naturalistic habitat. There are so many plants though, which plants are safe and unsafe? We found a good list from Sawnees animal clinic. You can find it here.Foods to Feed Sparingly to Bearded Dragons19. High Phosphorus foodsAs we mentioned above, it is important to make sure bearded dragons do not have too much phosphorus in their diet. Potatoes (sweet or russet), corn and bananas are high in phosphorus. These items are ok to feed to your bearded dragon, but only in very small quantities.You may also like: Do Bearded Dragons Watch TV?20. High Oxalate FoodsOxalates reduce the bearded dragons ability to absorb the calcium it needs. These foods arent otherwise poisonous and can be fed to your bearded dragon, but because they are higher in oxalates they should be fed very sparingly. Carrots, spinach, beets and beet greens, celery, kiwi, okra, parsley, radicchio, raspberries, yucca, chard and star fruit.21. High Goitrogen FoodsGoitrogens are compounds that make it hard for your bearded dragon to absorb iodine. Iodine regulation is important to keep thyroid gland function normal and healthy. Foods with goitrogens are usually quite nutritious so you dont necessarily need to avoid them completely. Just keep track of how much you are feeding and keep it down to small, less frequent portions. Broccoli, cauliflower, cabbage, brussel sprouts, bok choy, turnips, rutabaga, peaches, plums, pears, strawberries, raspberries, cherries and apricots. Best Foods for Your Bearded DragonWell cover everything you SHOULD be feeding your Bearded Dragon in another article, but for now we wanted to mention some options that are really healthy.Some foods that are so good for your beardie that you can feed them every day are:squashesaruguladandelioncollard greensclovermustard leavesalfalfaOther foods such as artichoke hearts, bell peppers, asparagus, apples, kale, mango, cantaloupe, watercress and pumpkin are also good and can be offered a few times per week.ConclusionBearded dragons can make great pets, but knowing what to feed can be a little overwhelming. There is so much bearded dragons can eat that we could not list everything here. So if you are worried about variety, dont be! Between vegetables, greens, fruits, insects, flowers and supplements there is a lot to choose from. Just make sure you do your research before introducing any new foods, and make sure your dragon isnt coming into contact with wild insects that it might try and eat.If your bearded dragon has ingested anything on this list, keep a close eye on them. Get some water in their system. If you can not use a syringe, you can try a bath. Water can help to flush some of the toxins out of your bearded dragons system. Call your local vet as soon as possible.Source:Bearded Dragon Diet, Lilly Sawnee, Sawnee Animal Clinic, October 10, 2016, sawneeanimalclinic.comDestiny is an exotic pet enthusiast who owns 19 different pets including Bearded Dragons, Corn Snakes, Sugar Gliders, Leopard Geckos, and Crested Geckos to name a few! If you own a bearded dragon, you probably want to give your scaly friend the best diet possible. While they mainly eat insects and leafy greens, you might wonder, what fruits can bearded dragons eat? Fruits can be a tasty treat, but not all are safe for your pet. Some provide essential nutrients, while others can be harmful if given too often. In this guide, well break down the best fruits, the ones to avoid, and how to feed them properly to keep your bearded dragon happy and healthy. Can Bearded Dragons Eat Fruits?The short answer is yes, but in moderation. Fruits should make up only about 10% of a bearded dragons diet, with the rest being leafy greens, vegetables, and insects. While fruits are packed with vitamins and hydration, they also contain sugar, which can lead to obesity and digestive issues if overfed.Fruits are beneficial because they:Provide hydration due to their high water content.Offer essential vitamins like Vitamin C, A, and antioxidants.Add variety to their diet, keeping them interested in food.However, feeding the wrong fruits or offering them too frequently can lead to diarrhea, metabolic bone disease (MBD), and obesity.So, lets dive into the best fruits to give your bearded dragon.Best Fruits for Bearded DragonsSome fruits are safer and more nutritious than others. Heres a list of healthy options you can include in your beardies diet occasionally:1. ApplesApples are a great fruit choice as long as they are peeled and cut into small pieces. Avoid feeding the seeds, as they contain cyanide, which is toxic to reptiles.2. BlueberriesPacked with antioxidants, blueberries are a healthy treat. However, due to their high sugar content, only offer them sparingly.3. MangoMango is rich in Vitamin A, essential for your bearded dragons vision and immune health. Cut it into bite-sized pieces and remove the skin before serving.4. PapayaPapaya contains enzymes that aid digestion and is a fantastic fruit for bearded dragons. Make sure to remove the seeds before feeding.5. StrawberriesThese are hydrating and low in oxalates, making them a better choice than some other berries. Chop them into small pieces and feed occasionally.6. PearsSoft and fiber-rich, pears help with digestion. Be sure to remove seeds and serve in small portions.7. GrapesYes, bearded dragons can eat grapes, but always cut them into small pieces and remove the seeds to prevent choking. Due to their high sugar content, they should be an occasional treat.8. WatermelonWatermelon is mostly water, so while it helps keep your beardie hydrated, it lacks essential nutrients. Offer only as an occasional snack.Fruits Bearded Dragons Should AvoidNot all fruits are safe for bearded dragons. Here are some that should be avoided completely or given with caution:1. Citrus Fruits (Oranges, Lemons, Limes, Grapefruits)Citrus fruits are too acidic for bearded dragons and can cause stomach upset and diarrhea.2. AvocadoAvocado contains persin, a toxin that can be deadly to bearded dragons. Even small amounts can be harmful.3. RhubarbRhubarb is toxic to reptiles and should never be fed to your pet. It can cause serious health issues, including kidney failure.4. High-Oxalate Fruits (Kiwi, Starfruit, Spinach)Oxalates bind to calcium, preventing proper absorption, which can lead to Metabolic Bone Disease (MBD).How Often Should Bearded Dragons Eat Fruits?Fruits should be considered a treat, not a staple in their diet.Feed fruit 1-2 times per week.Portion size: Small, bite-sized pieces (about the size of your beardies eye).Balance: Make sure greens, vegetables, and protein sources make up the majority of their diet.How to Safely Prepare Fruits for Your Bearded DragonTo keep your beardie safe and healthy, follow these fruit-feeding tips:Wash all fruits thoroughly to remove pesticides and chemicals.Remove seeds, pits, and rinds to prevent choking and toxicity.Chop into small, bite-sized pieces for easy digestion.Avoid canned or dried fruits, as they contain preservatives and excess sugar.FAQs on Feeding Fruits to Bearded DragonsHere are answers to some common fruit-related questions:Can bearded dragons eat bananas?Yes, but in moderation. Bananas are high in phosphorus, which can interfere with calcium absorption.Can bearded dragons eat grapes?Yes, but always cut them into small pieces and remove the seeds to prevent choking.Can bearded dragons eat watermelon?Yes, but only occasionally, as it has little nutritional value beyond hydration.Can bearded dragons eat pineapple?Yes, but only in small amounts due to its acidity and sugar content.Can bearded dragons eat raspberries?Yes, but sparingly, as they contain oxalates, which can hinder calcium absorptionConclusionSo, what fruits can bearded dragons eat? The key is moderation and variety. While fruits can be a great supplement to your bearded dragons diet, they should never replace leafy greens, vegetables, and insects. Stick to safe fruits like apples, mangoes, and berries, and avoid citrus, avocados, and rhubarb. By following proper preparation and feeding guidelines, you can ensure your bearded dragon stays healthy, active, and happy. Matthew Cantell Diet Knowing what fruits bearded dragons can or can not eat is important to know. Although they are omnivores and get their protein from insects or small mammals; fruits and vegetables are an important part of their diet.This mixed diet helps them to stay healthy, much like our own diet.Your beardie will love a small piece of fruit every so often and will see this as a treat. However, as fruits are rich in sugar, ensure you dont overfeed them.Vegetables should still make up a much higher percentage of their diet than fruit. A nice tasty treat for your bearded dragon could be a piece of peeled apple, a grape, or raspberry. Theyve also been known to love fruits such as And fruits such as watermelon and pineapple are great too, as long as theyre peeled first. See below for a list of fruits a bearded dragon can safely eat:PeachesRaspberriesAppleGrapesBananasBlueberriesPineapple Many fruits contain oxalate which binds with calcium rendering it unsuitable for metabolism. This could lead to a calcium deficiency in your beardie.This does not mean though, that you cant give your beardie fruit, it simply means that you need to moderate how much fruit you are giving your beardie.You can also counter this problem by dusting certain foods (such as crickets) with a calcium powder on the days where you dont offer fruit to your beardie. You should never feed your bearded dragon oranges or similar citrus fruits. They contain too much sugar and acid content which can cause diarrhea. For the same reason you should avoid: Although a bearded dragon is adapted to eat many different types of fruits, you should try to avoid any fruits with hard skin. Fruits such as apples and pineapples have a tough outer skin, which a bearded dragon is unable to swallow.To be on the safe side, peel your fruits before adding them to your bearded dragons menu. You should also avoid raisins. Although their original grape form is fine for bearded dragons, the dry form is too concentrated with sugar.As theres no water in them to balance this out, they can cause massive problems for your dragon.Bearded dragons wouldnt be able to digest raisins at all and they may even get wedged in their throat when swallowing. While bearded dragons can eat tomatoes, too much can cause problems due to their high Vitamin A content. You should always accompany a small piece of tomato with some healthy greens to balance this out and help stiffen the stool. Fruits are usually high in water content, oxalate, and sugars. Because of this, a number of problems can occur if you feed your beardie too much fruit.Some of these problems include:ObesityFatty Liver DiseaseGum DiseaseYour bearded dragon can have a small piece of fruit every other day, as a treat. A small piece of fruit would be classified as a single grape or piece of apple. Bearded dragons tend to always go for their live food (worms or crickets) first. This will mean that the static food will sit there for longer.Since you have a UV light shining in there throughout the day, its likely that your fruit will go off fairly quickly. It is good practice to place fruit into a feeding dish, this way the sugary residue can be easily cleaned. This being said, you dont want your bearded dragon to eat rotten fruit as it will make them ill. The simplest way to prevent this is to give your beardie fruit as a treat from your hand first.This way you know it wont be left to rot. If you are worried about your fingers getting nipped by your beardie then you could use some feeding tongs instead. Soft, easily chewable fruits are the best for your bearded dragon. Remember that your bearded dragon doesnt have canine teeth as we do, so its harder for them to pull pieces of food apart. Ideally, you should provide a softer type of fruit that will easily mash-up in their mouths rather than them having to tear it.Fruits such as peeled peaches or plums are perfect. Bananas without the skin also provide great potassium levels for them. Grapes are also really good for their fiber intake. Youll need to monitor how many they have though.Grapes are very moreish due to their extremely high sugar content, so just the one every few days will do. Bearded dragons are also fond of watermelon, but, due to its high water content, make sure that this is only an occasional treat.Although, its good in small doses, the amount of water can actually have a detrimental effect if eaten in large quantities. The same could be said for tomatoes or vegetables such as cucumber. All fruits, with the exception of citrus fruits, provide their own unique health benefits for your bearded dragon. Let them try a few different things to see what they like best.But make sure whatever they choose is in moderation. You can certainly have too much of a good thing. Your bearded dragon will need a meal each day for most of the year. If your bearded dragon starts to go into brumation, youll need to naturally reduce this over a period of weeks until they stop eating altogether. However, here are a few things you can provide for your beardie for the rest of the time. A healthy meal comprises of some form of protein. This is usually some sort of insect, the most popular choice being worms or crickets.Generally, a bearded dragon will eat two or three crickets in a single meal, depending on its size.As an occasional treat, you could give your bearded dragon a couple of too. They contain about 9% protein and are quite popular with beardies, you can even get live ones online now too for convenience. Vegetables are an absolute must! Bearded dragons get a lot of their vitamins from vegetables, just like we do.Offer your bearded dragon a small piece of fruit alongside any of the following to sweeten up their dish a littleSwiss ChardBell PeppersGreen BeansWatercressKaleCollard Greens Although beardies get most of their water from the food that they eat, you may also need to provide water in a shallow dish. Bearded dragons in the wild would drink water from droplets of dew on the plant life around them.This means that your beardie may not know to drink from the dish. You could instead use a pipette to drip water for your beardie to drink. Knowing what fruits bearded dragons can eat is a useful thing to know. Fruit can be a wonderful treat for your beardie and they will love the sweet juice from it.Just be careful. Do not feed too much of it otherwise, this can be bad for your beardies teeth.Note: If you start to notice problems occurring with your beardies teeth, like swollen gums or redness you may want to check out this guide on how to clean bearded dragon teeth.Like this article? Pin it on Pinterest We have an exhuastive list of fruits that bearded dragons can and cannot eat.Bearded dragons are omnivores, which means they need both animal protein and vegetation in their diet.Fruits can make up a small part of their overall diet, but there are some things to consider when feeding your beardie fruit.How Often Should I Feed My Bearded Dragon Fruits?You should feed your bearded dragon fruits based on its age.Please refer to our Bearded Dragon Diet Chart. Baby bearded dragons will consume a different amount of fruit vs feeder insects or protein in each stage of their life.A bearded dragon is considered full grown when they are 18+ months.Bearded Dragons Fruits List Can Bearded Dragons Eat Frozen Fruit?Frozen fruit can be a very refreshing treat for your bearded dragon during the hot summer months.Some good frozen fruit options include: mango, strawberries, blueberries, and blackberries.Simply take the desired amount of fruit and place it in a cup or Tupperware container.Next, fill the container with water so that the fruit is just covered. Place the container in the freezer and let it sit until frozen.Once frozen, take out the desired amount of fruit for your bearded dragon and place it in their enclosure on a dish.Make sure to cut up the fruit into small enough pieces for your bearded dragon.Fruits VS Vegetables for Bearded DragonsWhen it comes to bearded dragons, most people think of them as carnivores since they mainly eat insects.However, bearded dragons are actually omnivores, which means they need both animal protein and vegetation in their diet.Fruits and vegetables can make up a significant part of their overall diet, but there are some things to consider when feeding your beardie fruits and vegetables.The main difference between fruits and vegetables is the sugar content. Fruits generally have a higher sugar content than vegetables, so they should be fed in moderation.Too much sugar can lead to weight gain and other health problems in bearded dragons.Additionally, some fruits and vegetables are higher in oxalates than others.Oxalates are compounds that can bind to calcium and prevent absorption. This can lead to health problems such as metabolic bone disease.For this reason, its important to choose fruits and vegetables that are lower in oxalates.Some good options include: kale, collard greens, turnip greens, and butternut squash.When feeding your bearded dragon fruits and vegetables, its important to wash them thoroughly to remove any pesticides or other chemicals.Additionally, you should cut them into small enough pieces for your bearded dragon to eat.Finally, you should offer a variety of different fruits and vegetables to ensure that your bearded dragon is getting a well-rounded diet. When I first got my bearded dragon, I had no idea that not all fruits were safe for him. I figured if it was healthy for me, it had to be fine for him too, right? Wrong! It turns out, some seemingly harmless fruits can cause serious issues for your scaly friend. Lets explore the fruits your bearded dragon will loveand the ones you should keep far away. Yes, bearded dragons do like fruits! However, you have to be careful about how much you give them. Fruits can be a tasty treat for them, but they should only make up a small part of their diet. They love fruits like strawberries, blueberries, and mangoes. But too much fruit can give them diarrhea because of the sugar content. When I had a bearded dragon, I noticed it would get super excited for a little piece of watermelon. Just be sure to remove seeds and dont overdo it! Heres a quick list of fruits they can enjoy: Strawberries Blueberries Apples (without seeds) Mango Watermelon Just remember, moderation is key. Their main diet should be veggies, greens, and insects! You can feed your bearded dragon a variety of fruits, but only as an occasional treat. Here are some fruits that are safe and healthy in moderation: FruitBenefitsCautionsHow Often?StrawberriesHigh in vitamin C and antioxidants.High in sugar, so offer in small amounts. Remove the leaves.1-2 times per week.BlueberriesPacked with antioxidants and vitamin K.High sugar content. Too many can cause diarrhea.1-2 times per week.ApplesGood source of fiber and vitamin C.Remove seeds and core, as they contain cyanide. Only give in small, peeled pieces.Once a week.MangoRich in vitamins A and C, great for their immune system.High in sugar. Make sure to remove the pit and skin.1-2 times per week.WatermelonHigh water content, good for hydration.Low in nutrients and high in sugar. Limit to small pieces.Occasionally (once every 2 weeks).PineappleRich in vitamin C and aids digestion due to bromelain enzyme.Acidic, which can cause digestive issues if given too much. Peel and remove the core.Rarely (once a month).PearsHigh in fiber and vitamin C, gentle on their digestive system.High sugar content. Make sure to remove seeds.Once a week.PeachesContains vitamins A and C, which promote eye health and immunity.Remove the pit and skin. High in sugar.Occasionally (once every 2 weeks).PapayaRich in vitamin C and fiber, good for digestive health.Seeds should be removed, and only give in small amounts due to sugar.1-2 times per week.CantaloupeContains vitamins A and C, and high in water for hydration.High water content but low in overall nutrition. Too much can cause diarrhea.Occasionally (once every 2 weeks). Portion size: Always cut fruit into small, bite-sized pieces. Frequency: Fruits should only make up around 10% of their diet, with vegetables, greens, and insects being the main part. Always remove seeds and pits: Many fruit seeds and pits can be toxic or a choking hazard. My bearded dragon loved strawberries, but I had to be careful not to overdo it. Keep the fruit as a special treat, and your bearded dragon will be happy and healthy! Want to get a printable version of this infographic?Click here![If you want to use this infographic on your website, please link back to this post as the source!]Owner: Alisa Fackelman There are some fruits that are unsafe or not ideal for bearded dragons. These fruits can cause health issues due to high acidity, improper calcium-to-phosphorus ratios, or toxicity. Heres a detailed explanation of the fruits to avoid, along with the reasons why, in a table format. FruitWhy Its BadDetailsAvocadoContains a toxin called persin, which is poisonous to bearded dragons.Even small amounts can cause serious health issues or death.Citrus Fruits (e.g., oranges, lemons, limes, grapefruits)High in acidity, which can upset their digestive system and cause severe stomach irritation.Can lead to diarrhea, dehydration, and mouth sores.RhubarbContains oxalic acid, which can be deadly for bearded dragons.Even small amounts can cause calcium deficiency, leading to metabolic bone disease.TomatoesWhile technically a fruit, tomatoes are too acidic for bearded dragons, and the leaves and stems are toxic.Regular consumption can cause digestive issues, and parts of the plant contain toxins like solanine, which is harmful.GrapesHigh in sugar and poor calcium-to-phosphorus ratio.Can lead to digestive issues and nutritional imbalances.BananasPoor calcium-to-phosphorus ratio (1:3), which can disrupt their ability to absorb calcium.Regular consumption may lead to metabolic bone disease if overfed. Occasional small amounts are fine, but not ideal for frequent feeding.PlumsVery high in sugar and acidity, which can upset their digestive system.Too much sugar and acid can cause diarrhea and weight gain. The pit is also a choking hazard.CherriesHigh in sugar and acidity, and the pits contain cyanide, which is toxic.The high sugar and cyanide content make cherries dangerous for bearded dragons.KiwiHigh in oxalates, which can bind to calcium and prevent its absorption.Can lead to calcium deficiency over time, especially if fed regularly.StarfruitContains oxalates, which can cause calcium deficiencies and are potentially toxic.Can lead to kidney issues and metabolic bone disease due to its calcium-binding properties.Fig (fresh)Very high in oxalates and sugar, which can be harmful to bearded dragons.Oxalates can interfere with calcium absorption, and high sugar can cause digestive upset. Bearded dragons can enjoy fruit, but it should make up only a small part of their dietaround 10-15%. The rest should be mostly leafy greens and vegetables (about 75-80%) and some live insects (about 10-15%). Heres a simple guide on how much fruit to feed your bearded dragon: Adult bearded dragons: 1-2 small fruit servings per week. Juveniles: Even less fruit, as they need more protein for growth, so focus on insects and veggies. Heres a sample weekly feeding schedule for an adult bearded dragon, which includes a safe amount of fruit. DayVeggies/GreensProtein (Insects)Fruit (Optional)MondayCollard greens, butternut squash5-6 crickets or mealwormsNoneTuesdayMustard greens, bell peppersNoneSmall piece of mango or a few blueberriesWednesdayDandelion greens, carrots5-6 crickets or mealwormsNoneThursdayKale, zucchiniNoneSmall slice of apple or a few pieces of strawberryFridayCollard greens, yellow squash5-6 crickets or mealwormsNoneSaturdayMustard greens, bell peppersNoneSmall piece of papaya or a few raspberriesSundayKale, carrots5-6 crickets or mealwormsNone Fruit portions: Offer fruit in small piecesabout the size of a blueberry or a little slice of apple is perfect for a serving. Focus on veggies: Veggies and greens should be the majority of their diet. Protein days: Insects like crickets, mealworms, or dubia roaches should be part of their diet about 3-4 times a week. When I had my bearded dragon, I would use fruits as little treats on certain days, like Tuesday or Saturday, and shed always go for the strawberries! Just make sure to balance it with the right amount of veggies and insects. Owners are responsible for ensuring their bearded dragon's diet is healthy. Like people, beardies can be picky eaters so it is up to you to make sure their diet is nutritious.Diet by AgeAdult bearded dragons will eat more fruit and veggies than younger beardies. This is because juvenile bearded dragons are growing and need a diet that is higher in protein and fat. The table show how the diet needs change by age.Adult DragonsYoung Dragons80% Fruit, vegetables, and greens20% Fruit, vegetables, and greens20% Insects80% InsectsPreparing Fruits and VeggiesFruits and vegetables should be prepared correctly before they are fed to your beardie. Foods that are too large can cause digestion issues and increase the risk for impaction. You should cut any fruits, vegetables, and greens so the food is smaller than the distance between the beardies eyes (length, width, and height).Some veggies may need to be cooked to make them easier to digest. Any cooked foods need to be cooled to room temperature before feeding them to your bearded dragon.How to Identify Healthy Fruits & VegetablesSome people may assume all fruits and vegetables are healthy, however that's not always true with bearded dragons. Keep in mind that the bearded dragon's natural habitat is dry and desert regions in Australia. So despite the fact they are omnivores their bodies have adapted to a diet consisting of food found in those regions. Below are some quick nutrition guidelines to help you identify foods which should not be a regular part of your beardies diet.Oxalates and Oxalic AcidOxalates are produced by plants to help regulate and remove excess calcium. When plants high in oxalates are consumed by bearded dragons the oxalic acid will bind to calcium in the digestive track and prevent it from being absorbed. In other words, foods high in oxalates will reduce the amount of calcium bearded dragons can absorb. Foods containing more than 10mg of oxalates are considered high and should not be a staple food for your bearded dragon. Not all plants/vegetables contain high oxalates, but some of the highest levels are found in spinach, eggplant, mushrooms, and rhubarb. Below are some quick guidelines regarding oxalates (note: the oxalic measurement is per serving, on TheBeardedDragon all serving sizes are set to 100g):Foods containing less than 2mg of oxalates are considered low and should not pose any health issuesFood containing 2-9mg of oxalates contain a moderate amount of oxalic acid and should not be fed more than once per day.Foods containing 10-30mg of oxalates contain a high level of oxalic acid and should not be fed more than once per week.Foods containing 30-100mg of oxalates contain very high levels of oxalic acid. These foods should be fed in very small portions no more than twice per month.Foods containing over 100mg of oxalates per 100g serving should be avoided. If the food's portion size is tiny (e.g. 5-10g per serving) it can be fed to bearded dragons once per month.Calcium to Phosphorus RatioThe calcium to phosphorus ratio is abbreviated Ca:P and indicates the ratio of calcium to phosphorus in one serving of food. Ideally you want foods with a Ca:P ratio higher than 1:1 (meaning each serving has more calcium than phosphorus). For example a Ca:P ratio of 2:1 is considered ideal as it has twice as much calcium than phosphorus. This is important because phosphorus binds to and prevents calcium from being absorbed. Foods with higher levels of phosphorus (e.g. apples) may create a calcium deficit due to the phosphorus binding to and blocking the calcium from other food sources. Below are some suggestions for foods with different ratios:Ca:P ratio of 2:1 - these foods are perfect as they have twice as much calcium than phosphorus. Feed them daily to your beardieCa:P ratio of 1:1 - these foods have the same amount of calcium as phosphorus. They are safe to feed daily as long as other food sources provide the calcium they need.Ca:P ratio of 0.5:1 - these foods have 2x as much phosphorus than calcium. If feeding these foods to your beardie, do so no more than twice a week and provide additional calcium from other foods or supplements.Ca:P ratio of 0.3:1 - these foods have 3x more phosphorus than calcium and should be considered high risk. Feed no more than once per month and provide additional calcium from other foods or supplements.Ca:P ratio less than 0.3:1 - these foods should be avoided and considered dangerous to feed to beardies. The effort required to safely correct the calcium deficit with additional supplementation exceeds any benefits the food may provide your bearded dragon.Acidic Fruits and VegetablesFoods that are considered acidic should be avoided. The high levels of acid can irritate the mouth and stomach lining in bearded dragons and lead to diarrhea and other discomfort. Use the tips below to determine which foods are acidic:All citrus fruits should be avoided as they are all too acidic (lemons, oranges, grapefruits, etc.)Foods with a PH value higher than 5.0 are safe to eatFoods with a PH value of 4.5-5.0 can be tolerated if fed in moderationFoods with a PH value of 4.25-4.5 may cause minor irritation and, if fed, should be in small quantities mixed with non-acidic foodsFoods with a PH value less than 4.25 should be avoided unless the food can easily be served in tiny portions with other food.SugarMany popular fruits in grocery stores contain more sugar than anything bearded dragons find in the wild. Too much sugar can cause dental and mouth illnesses as well as obesity in bearded dragons. If the fruit contains more than 10g of sugar per 100g serving it should be fed as a treat and not a frequent part of their meal.Bearded dragons, with their inquisitive eyes and charming personalities, make wonderful pets. A crucial aspect of caring for these fascinating reptiles is understanding their dietary needs. While many fruits are safe and even beneficial for beardies in moderation, some can be harmful or even toxic. So, the quick answer is citrus fruits (like oranges, lemons, limes, and grapefruits) are the biggest no-no, alongside avocados (yes, botanically a fruit!) because of their toxicity, and excessive amounts of fruit high in oxalates or phosphorus. Its always best to err on the side of caution and ensure youre providing a balanced and healthy diet.Understanding the Why: Fruit and Bearded Dragon HealthBefore diving into a specific list, its vital to understand why certain fruits are off-limits for bearded dragons. Several factors play a crucial role:Acidity: Fruits high in acidity, like citrus, can upset a bearded dragons delicate digestive system, leading to stomach irritation, diarrhea, and discomfort.Calcium to Phosphorus Ratio: Bearded dragons need a diet with a proper calcium to phosphorus ratio (ideally 1:1 or 2:1). An imbalance can lead to Metabolic Bone Disease (MBD), a severe and potentially fatal condition. Some fruits are naturally high in phosphorus and low in calcium, making them problematic if fed frequently.Oxalates: Oxalates are naturally occurring compounds found in some plants that can bind to calcium and prevent its absorption. High oxalate levels can also contribute to MBD.Toxicity: Some fruits contain compounds that are directly toxic to bearded dragons, causing serious health issues or even death. Avocados are a prime example of a toxic fruit.Sugar Content: While fruit can be a treat, its important to limit fruits with high sugar content, because excessive sugar can lead to health issues like obesity or dental problems.Specific Fruits to Avoid Feeding Your Bearded DragonHeres a more detailed breakdown of fruits that should be avoided or severely limited in your bearded dragons diet:Citrus Fruits (Oranges, Lemons, Limes, Grapefruit, etc.): As mentioned earlier, the high acidity is the primary concern.Avocado: Avocados contain persin, a fungicidal toxin that can be deadly to bearded dragons. Absolutely avoid feeding avocados to your beardie.Rhubarb: Rhubarb is very high in oxalates, making it dangerous for bearded dragons.Star Fruit (Carambola): Star fruit contains high levels of oxalic acid and should be avoided.Fruits High in Oxalates (Spinach, certain berries in excessive amounts): While some berries like strawberries and blueberries are safe in moderation, feeding large quantities of high-oxalate fruits can interfere with calcium absorption. Variety is key!Fruits with a Poor Calcium to Phosphorus Ratio (Bananas in large quantities): Bananas have a relatively poor calcium to phosphorus ratio, so they should only be offered as a very occasional treat.The Moderation is Key Approach to FruitEven with safe fruits, remember that moderation is crucial. Fruit should only constitute a small portion (around 10-20%) of your bearded dragons overall diet. The bulk of their diet should consist of leafy greens, vegetables, and appropriately sized insects. Too much sugar, even from naturally occurring sources, can be detrimental to their health.Consulting with an ExpertIf youre ever unsure about whether a particular food is safe for your bearded dragon, its always best to consult with a reptile veterinarian or a knowledgeable breeder. They can provide personalized recommendations based on your dragons specific needs and health condition. Remember, your pets well-being is always the priority!Frequently Asked Questions (FAQs)Here are 15 frequently asked questions to further clarify what fruits are safe (and unsafe) for your bearded dragon:1. Can bearded dragons eat oranges?No, oranges should be avoided due to their high acidity.2. Are lemons safe for bearded dragons?Absolutely not. Lemons are highly acidic and harmful to bearded dragons.3. Can beardies eat grapefruit?No, grapefruit is too acidic and should not be fed to bearded dragons.4. Is avocado toxic to bearded dragons?Yes! Avocado contains persin, a toxin that can be fatal to bearded dragons. Never feed your bearded dragon avocado.5. Can bearded dragons eat bananas?Bananas can be given as a very occasional treat, but not frequently due to their poor calcium to phosphorus ratio.6. Are strawberries safe for beardies?Yes, strawberries are safe and can be a healthy treat in moderation.7. What about blueberries? Can bearded dragons eat them?Yes, blueberries are a good option in moderation.8. Can my bearded dragon eat raspberries?Yes, raspberries are safe and nutritious in small quantities.9. Is watermelon okay for bearded dragons?Watermelon can be offered as a treat due to its high water content, which can help with hydration, but remember that it is high in sugar.10. Can bearded dragons eat apples?Yes, apples (peeled and cut into small pieces) are a safe fruit option.11. Are grapes safe for bearded dragons?Grapes can be given as an occasional treat, but they are high in sugar.12. Can bearded dragons eat peaches?Yes, peaches are safe in moderation.13. What about cherries? Are they safe?Yes, cherries (without the pit) can be given as a treat.14. Can my bearded dragon eat mango?Yes, mango is safe in moderation and is a good source of vitamins.15. I accidentally fed my beardie a tiny piece of orange. Should I be worried?A tiny piece is unlikely to cause serious harm, but monitor your dragon for any signs of digestive upset (diarrhea, lethargy, loss of appetite). If you notice any concerning symptoms, contact your veterinarian immediately.Final ThoughtsProviding your bearded dragon with a balanced and nutritious diet is essential for their health and longevity. By understanding which fruits to avoid and which to offer in moderation, you can help your reptile thrive. Always research any new food thoroughly before offering it to your beardie, and when in doubt, consult with a reptile veterinarian. Educating yourself on proper nutrition ensures you can provide the best possible care for your unique pet. You can also check resources like The Environmental Literacy Council at enviroliteracy.org to learn more about responsible pet ownership and environmental awareness.Bearded dragons will lick their lips with a variety of fruits. These Reptiles enjoy apples, bananas, strawberries, and apricots.Also, they can eat mention watermelon, raspberries, peaches, grapes, and figs!Avoid high-sugar fruits.Additionally, offering your dragon seasonal fruits is a great way to provide them with fresh and nutritious options.Want to treat your bearded dragon to some yummy fruits? While veggies should make up the bulk of their diet, fruits can be a fun and healthy supplement in moderation. But not all fruits are created equal when it comes to bearded dragons.So, lets go further into the wonderful world of bearded dragon fruit cuisine.FruitsNutrition ValueBenefitsApplesVitamins A and C, FiberSupports the immune system, aids digestionBananasPotassium, Vitamin B6, FiberPromotes muscle function, provides energyStrawberriesVitamin C, Fiber, AntioxidantsEnhances skin healthApricotsVitamins A and C, FiberSupports vision healthBlackberriesFiber, AntioxidantsBoosts immune system and aids digestionBlueberriesFiber, AntioxidantsPromotes brain health, aids digestionCranberriesAntioxidants, FiberSupports urinary tract healthCherriesAntioxidants, FiberReduces inflammation, promotes overall healthWatermelonVitamins A and C, HydrationProvides hydration, supports overall healthRaspberriesFiber, Vitamins C and K, AntioxidantsEnhances the immune system, aids digestionPeachesVitamins A and C, FiberSupports digestion, promotes skin healthGrapesHydration, Antioxidants, FiberProvides hydration, boosts the immune system, and aids digestion. (its acidic, too, so give it in small amounts or avoid)FigsFiber, MineralsSupports heart healthGuavaVitamin C, FiberBoosts immune system and aids digestionKiwiVitamin C, FiberSupports digestionPearsVitamins A and C, FiberBoosts immune system and aids digestionHoneydewVitamins A and C, HydrationProvides hydration, aids digestionCoconutHydration, Healthy FatsProvides hydration, offers healthy fatsDragonfruitFiber, Antioxidants, HydrationEnhances digestion, provides hydrationPapayaDigestive Enzymes, Vitamin C, FiberSupports digestion, boosts immune systemMangoVitamin A, Antioxidants, FiberEnhances vision, boosts the immune system, aids digestionHere are some of the top fruits to feed bearded dragons:Berries are a beardie favorite! Good options include strawberries, blueberries, raspberries, and blackberries. Make sure any berries you feed are fresh. Cut them into bite-sized pieces before serving. Berries provide great nutrition, antioxidants, vitamin C, fiber, and more.Bananas offer potassium, magnesium, and vitamin B6. Feed a thin, peeled slice once or twice a week. Too much can cause constipation.Mangoes are high in vitamins A and C. Chop up a small piece of ripe mango (minus the skin/pit) as an occasional treat.Watermelon, cantaloupe, honeydew, and other melons provide hydration. Small diced pieces of melon are great on hot days.Apples offer vitamin C, fiber, and hydration. Cut a thin slice of peeled apple weekly for a sweet, healthy treat.Papaya is packed with antioxidants, vitamins, and enzymes. Its best to feed ripe papaya to dragons.Pears offer vitamin C, K, copper, and fibercore and chop pears into small pieces to feed.Apricots provide beta carotene for vitamin A and vitamin C. Cut in half and remove the pit before slicing into pieces to feed your beardie.Coconuts can offer some nutritional benefits to bearded dragons, like vitamins, minerals, and healthy fats.Dragon fruit is known for its unique pink, yellow, or red flesh and black edible seeds. With its sweet, mild taste and fun-to-eat texture, many bearded dragons will readily gobble bites of this fruit.Overall, berries and melons are great go-to fruits for bearded dragons. Bananas, mangoes, apples, and papayas can also be fed in moderation.Lets take a look at the benefits of incorporating fruits into your bearded dragons diet :Vitamins and AntioxidantsFruits like apples, strawberries, and kiwi are rich in vitamins A and C, which boost the immune system and overall health.Free radical-fighting antioxidants in blueberries, raspberries, and cherries enhance cellular health.Hydration and DigestionHigh-water fruits like watermelon, honeydew, and papaya keep your bearded dragon hydrated.Apricots, figs, and pears contain fiber that improves digestion and prevents constipation.Nutrient DiversityYour bearded dragon needs various nutrients to grow and thrive, so feed it fruits.Fruits provide vitamins, minerals, and useful substances for a balanced diet..Enrichment and Mental StimulationOffering fruits to your bearded dragon provides them with a varied and interesting diet, promoting mental stimulation and reducing boredom.The different textures and flavors of fruits offer sensory enrichment, enhancing their overall quality of life.Seasonal and Natural OptionsChoosing seasonal fruits ensures your bearded dragon enjoys fresh, ripe, locally available produce.Seasonal fruits are more likely to be at their nutritional peak, providing optimal benefits for your pet.Now, we will explore essential steps in preparing fruits for bearded dragons, including washing, removing seeds and skins, and cutting them into appropriate sizes.Step-1: Washing and CleaningBefore offering any fruit to your bearded dragon, its crucial to thoroughly wash and clean it to remove any dirt, pesticides, or wax.Use plain water or a fruit and vegetable wash designed for reptile consumption.Gently scrub the fruits surface, especially if it has a thick skin or rough texture.Step-2: Peeling and Removing SeedsFor fruits like apples, pears, and peaches, its advisable to peel the skin to reduce pesticide residue or digestive issues.Remove any seeds or pits from fruits, as they can be a choking hazard or contain toxic substances to bearded dragons.Step-3: Cut Fruits Into Appropriate-Sized PiecesCut fruits into appropriate-sized pieces to make them easier for your dragon to consume and reduce the risk of choking.Step-4: Mashing or BlendingBananas and papaya can be mashed or mixed to make them easier for your bearded dragon to consume.Fork-mash or mix the fruit to a creamy pure.If using a blender, ensure there are no large chunks or fibrous parts that may be difficult for your dragon to swallow.Step-5: Serving Fresh or FrozenFresh fruits are ideal for providing maximum nutritional value. Frozen fruits can be served as a treat, especially in hot weather, because they cool.Thaw frozen fruits before offering them to your bearded dragon, ensuring they are at room temperature or slightly warm.While bearded dragons can enjoy a variety of fruits, there are certain ones they should avoid, especially those that are citrus or highly acidic.Heres a list of fruits that bearded dragons should not eat:Oranges: Oranges strong acidity might irritate the digestive tract and create watery stools.Lemons: Due to their acidity, lemons might upset a bearded dragons digestive system.Limes: Limes, like lemons, are acidic and can upset the stomach.Pineapple: Pineapple enzymes may cause digestive issues in bearded dragons.Tangerines: Tangerines and other citrus fruits can be highly acidic and may cause digestive upset in bearded dragons.Grapefruits: Grapefruits benefit bearded dragons but can also cause high acidity levels, which can be overwhelming for a bearded dragons digestive system, resulting in digestive disturbances.Fruits can be a tasty part of a balanced bearded dragon diet when fed properly. Good fruit options for beardies include certain berries, melons, papaya, banana, mango, and apple. Always serve fruits in moderation 1-2 times per week.Chop into bite-sized pieces and avoid any with pits, seeds, or rinds. Monitor your beardie for signs of GI upset when introducing new fruits. Limit high-sugar fruits to help prevent diarrhea. With caution, fruits can give your bearded dragon variety and great nutrition!Bearded dragons are curious eaters, and love diversity in their diet. But what can bearded dragons eat and what not to feed bearded dragons? In this post, you will find a big list of various foods (over 350!) that your bearded dragon can eat and cannot eat.You will find all the foods that you might think about feeding to your bearded dragon. The sections are divided by letters and you press on any of the searches to find the answer (it will jump to the answer).You can use Ctrl + F (or Command + F on Mac) to look for your keywords in the text on computer.Before reading this post, please note the following: Dont offer any wild caught bugs or worms as they will carry parasites and pesticides. If you want to feed a safe bug, start the colony and feed the new generation.Same goes with wild flowers make sure they are not sprayed with anything before offering. Only these chemicals will make your dragon sick.Ca:P ratio is very important in your dragons diet it must be 2:1 or up to 3:1. If Phosphorus levels in the food are higher, balance out with higher calcium food.You will see some foods that you should offer occasionally, for example once in two weeks. Unless the veggies/fruits are too high in goitrogens or oxalates, you can offer them more often in smaller quantities. Diversify the diet and mix the staples with a little bit of occasional foods.You can click on any food that you wish and it will take you to the answer. Everything is in alphabetical order.Can bearded dragons eat acorn squashCan bearded dragons eat African land snailsCan bearded dragons eat alfalfa plantCan bearded dragons eat alfalfa sproutsCan bearded dragons eat almond butterCan bearded dragons eat almondsCan bearded dragons eat Aloe Vera Can bearded dragons eat antsCan bearded dragons eat aphidsCan bearded dragons eat Apollo lettuceCan bearded dragons eat apple skinCan bearded dragons eat applesCan bearded dragons eat applesauce Can bearded dragons eat apricotsCan bearded dragons eat artichokesCan bearded dragons eat Artisan lettuceCan bearded dragons eat arugulaCan bearded dragons eat Asian pearsCan bearded dragons eat asparagusCan bearded dragons eat aubergine (eggplant)Can bearded dragons eat avocadoCan bearded dragons eat azaleasCan bearded dragons eat baby foodCan bearded dragons eat baby leaf saladCan bearded dragons eat baby miceCan bearded dragons eat baby tearsCan bearded dragons eat baconCan bearded dragons eat bamboo 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onionsCan bearded dragons eat red peppersCan bearded dragons eat riceCan bearded dragons eat rocketCan bearded dragons eat rockmelonCan bearded dragons eat rosesCan bearded dragons eat rosemaryCan bearded dragons eat salamiCan bearded dragons eat satsumasCan bearded dragons eat savoy cabbageCan bearded dragons eat sedumCan bearded dragons eat shallotsCan bearded dragons eat silkworms and silkworm moths Can bearded dragons eat silverbeetCan bearded dragons eat slugsCan bearded dragons eat snapdragonsCan bearded dragons eat snow peasCan bearded dragons eat sorrelCan bearded dragons eat spaghettiCan bearded dragons eat spidersCan bearded dragons eat spinachCan bearded dragons eat spring onion Can bearded dragons eat squashCan bearded dragons eat steamed vegetablesCan bearded dragons eat stinging nettlesCan bearded dragons eat strawberriesCan bearded dragons eat sugar snap peasCan bearded dragons eat sultanasCan bearded dragons eat summer squash Can bearded dragons eat sunflower leavesCan bearded dragons eat superwormsCan bearded dragons eat swedeCan bearded dragons eat sweet potatoCan bearded dragons eat sweetcornCan bearded dragons eat tangerinesCan bearded dragons eat thymeCan bearded dragons eat tiger lilies Can bearded dragons eat tomato wormsCan bearded dragons eat tomatoes Can bearded dragons eat tropical spotted roachesCan bearded dragons eat tulipsCan bearded dragons eat turnip greensCan bearded dragons eat unsweetened applesauceCan bearded dragons eat vinegarCan bearded dragons eat Vita sandCan bearded dragons eat walnutsCan bearded dragons eat wandering jew Can bearded dragons eat waspsCan bearded dragons eat watercressCan bearded dragons eat watermelonCan bearded dragons eat wax wormsCan bearded dragons eat wet cat or dog foodCan bearded dragons eat white cabbage (green cabbage)Can bearded dragons eat woodliceCan bearded dragons eat yamsCan bearded dragons eat yellow jacketsCan bearded dragons eat yogurtCan bearded dragons eat zucchini Yes, bearded dragons can eat acorn squash and its a staple vegetable to feed (can offer every day). When feeding, make sure to grate or cut to small pieces you can feed it either raw (better and more nutritious) or cooked.Bearded dragons dont naturally eat African land snails in the wild, so it would be better not to offer them. They can be only offered as a delicacy less than once a week and have to be baby snails only.The shell of the baby African land snail should be soft and less than 3-4 mm, but even better peeled off. Also, they must also be grown in clean conditions and gut-loaded for 24 hours.Alfalfa plant is more nutritious to your bearded dragon than alfalfa sprouts you can offer alfalfa plant for good calcium and fiber source. You can offer alfalfa every day or every other day mix with salads.Choose alfalfa that is still green and not dry (pellets). That is because bearded dragon is not likely to eat dry pellets. And they wont have proper water content, either. Also, make sure that alfalfa plant is organic.You can even get your own organic seeds and grow it at home using a sprouter like this.You can offer your bearded dragon alfalfa sprouts occasionally less than once a week. Not every bearded dragon will love the taste, but you can try. Only add some alfalfa sprouts in the salad.No, dont feed almond butter to your bearded dragon. Almond butter would have too much sugar in it, which is unhealthy for your dragon. It also contains too many calories (mainly fat) and is nutritionally unbalanced for your bearded dragon.No, dont feed your bearded dragon any almonds. Almonds are high in fat and are nutritionally unbalanced (too much phosphorus compared to calcium). You shouldnt offer any nuts to your bearded dragon it can cause choking, impaction and indigestion.Aloe Vera is non-toxic for bearded dragons, but you shouldnt offer it as food. You can use Aloe Vera live plant in the tank as they are easy to grow. But dont feed Aloe Vera to your dragon.Aloe Vera wouldnt have the best taste, would need peeling, and still contains natural laxative (under the skin) that can cause digestive upsets.No, you cannot feed ants to your bearded dragon. Even though bearded dragons do eat ants in the wild, some ant species can be toxic to your dragon. Also, they would be too small to feed to your dragon.If your bearded dragon has accidentally ingested some, it should be fine. Fire ants can sting and are toxic (!), and carpenter ant, for example, can bite and spray acid to protect itself.Please dont feed any aphids to your bearded dragon, as wild bugs come in contact and contain pesticides and parasites. Aphids would be also too small to make a meal for your dragon anyways.Yes, bearded dragons can eat Apollo lettuce, but you should avoid feeding much of it. This is because Apollo lettuce is not highly nutritious for your dragon. So offer only a little bit, once in 10-14 days or so and mainly for extra water intake.No, you shouldnt offer apple skin to your bearded dragon. Please remove apple skin before offering apples. Thats because the apple skin is hard to digest.Yes, bearded dragons can eat apples. Please peel the skin and cut into bite size pieces. Only offer apples as a treat too much of apples can cause runny stools.Yes, bearded dragons can eat applesauce if constipated. However, applesauce should not contain any corn syrup, preservatives or added sugar.Only offer unsweetened applesauce, and only if your bearded dragon is constipated or has digestive issues. Otherwise, offer normal apples. You can probably find natural applesauce in the baby food section, but still check the labels. Or make your own.Yes, you can offer apricots to your bearded dragon. But once again, remember that fruit should be offered only occasionally (less than once a week), because they are high in sugar and not very nutritionally balanced.Dried apricots might be too hard for your dragon to eat. They also contain more sugar than fresh fruit. Also, they are high in oxalates and can cause abdominal discomfort. So avoid them if you and offer fresh ones instead.Yes, bearded dragons can eat artichokes. Offer only artichoke hearts that are cut to small bite pieces and raw. Mix in the salad. Dont offer artichoke leaves. Artichoke hearts are an occasional food, not the staple.Artisan lettuce is often a mix of various types of lettuces. While your bearded dragon can eat Artisan lettuce, you need to make sure which types of lettuce are in the mix. For example, Endive and Escarole are staples, while Romaine lettuce shouldnt be offered much due to poor nutritional content.Yes, your bearded dragon can eat arugula (also called rocket salad). Arugula has a good Ca:P ratio (3:1) and is high in vitamin A. You can offer fresh and raw arugula few times a week.Bearded dragons can eat Asian pears, but very rarely. Asian pears have unbalanced Ca:P ratios (1:2.8) and are high in sugars. Dont offer often only once in 2-3 weeks. Moderate in oxalates.Yes, your bearded dragon can eat asparagus. However, asparagus is not a staple food, so let your dragon eat it maybe once a week. Remove the flowery top, break some of the bottom off, and cut into small bite pieces. Dont cook.No, your bearded dragon cant eat aubergines (eggplants). Eggplants are potentially toxic to your bearded dragon, so avoid completely.No, your bearded dragon cant eat avocados. Avocados are potentially toxic to your bearded dragon, so avoid completely.No, your bearded dragon cant eat azaleas. Azaleas are toxic to bearded dragons!Yes, you can feed your bearded dragon baby food, but you have to be careful when choosing. Only choose one vegetable purees, and make sure there is nothing added no citric acid, sugar or anything else.Only choose staple vegetable baby food such as squash (acorn, spaghetti, Hubbard, butternut, summer). Other choices for only occasional feeding would be carrot or parsnip purees. Also, fruit baby food should also be offered rarely.Some owners only offer baby food when their dragon is having digestive issues (constipation for example), is sick or refusing to eat. Therefore, try to stick to fresh vegetables more, and offer baby food if your bearded dragon is experiencing issues.Baby leaf salad is often a mix of few different types of greens usually chard, spinach and baby red/green lettuce. While your bearded dragon can eat the baby leaf salad, lettuce is not nutritious enough for dragons.Also, because all the types of lettuce are mixed, it can be hard to calculate the nutrition. Try to avoid offering lettuce at all and only add small bits for extra water intake maybe once a week or so.Bearded dragons can eat baby mice (also called fuzzy mice), but its very unnatural for dragons to eat mice. In general, you shouldnt feed baby mice, because they are high in fat (can cause fatty liver disease), hard to digest and can even cause choking or impaction.You can only offer baby mice (pinky mice, without any hair). Never feed full-grown mice they are too large and their bones will cause impaction.A more humane way is to offer a pre-kiled mouse, which you can achieve by dislocating its neck. Make sure your dragon is 7 months or over to offer mice, and it shouldnt be wider than the width of the head.Also, baby mice are hard to digest, so only offer to skinny dragons to help gain weight. Dont offer pinky mice more than once-twice a month.Yes, your bearded dragon can eat baby tears. Offer occasionally as a treat (once a week or less).No, your bearded dragon shouldnt eat bacon. Bacon is high in salt and fat. Also, bearded dragons should not normally eat meat.Bamboo shoots or leaves have not been tested for toxicity in bearded dragons. Bamboo shoots are not toxic to dogs or cats, for example. One of the bamboo types that is toxic to dogs, cats and reptiles is a Heavenly (or Sacred) Bamboo.Yes, your bearded dragon can eat banana, but very rarely. Bananas are high in phosphorus (1:3.5) and bind calcium in the body, not letting it absorb. Also, bananas are high in sugar and can cause digestive upsets.Yes, bearded dragons can eat basil. Dont feed basil as a staple, but surely offer them as a new interesting treat mixed in the salad. Bearded dragons tend to love herbs and basil in high in vitamin A.No, bay leaves have not been tested for toxicity in bearded dragons, so dont feed. And on top of it, bay leaves are rather tough so could also pose a choking hazard.Yes, your bearded dragon can eat bean sprouts, but they arent as nutritious as normal beans. Bean sprouts have a Ca:P ratio (1:4), while normal green beans 1:1. Try to avoid Mung bean sprouts or add just a little to the salad few times a month.No, you shouldnt feed your bearded dragon any beef. This is because beef and any other meat is high in fat and phosphorus, and will bind calcium. Meat is also high in fat and is not nutritionally balanced. Raw meat poses a risk of parasites, too.If you wish to offer some meat, make sure to cook it (no seasonings or oil). Offer just a little as a treat and to add diversity, less than once a month. Meat should be lean.No, your bearded dragon shouldnt eat bees. While there is a big chance that nothing will happen if your bearded dragon ate a bee outside, its not a good idea to offer bees as a meal. Bees can sting and cause a possible allergic reaction in your dragon.While your bearded dragon can eat fresh beet greens, its not recommended to offer any. That is because beet greens are very high in oxalates. Offer only once a month or less.While your bearded dragon can eat beetroot rarely, it would be good to avoid feeding them completely. Beetroot is very high in oxalates, so offer once a month or less, or avoid altogether.Yes, bearded dragons can enjoy bell peppers occasionally, once a week or less. All bell pepper colors (red, yellow, green) have similar nutrition, but red peppers are higher in vitamin A and C.No, dont feed your bearded dragon any bird seeds. Bird seeds can cause impaction in your bearded dragon, so avoid altogether.No, bearded dragons shouldnt eat birds. If your bearded dragon sees a baby hairless bird, it is likely to eat it. However, it will be hard to digest and can cause impaction. Large birds are predators and will scare your dragon. Never feed birds to your dragon.No, your bearded dragon shouldnt eat any biscuits. While few small bites shouldnt do any harm, biscuits are not good for dragons. Biscuits are high in fat and sugar.Yes, bearded dragons can eat blackberries occasionally (1-2 times a week) as a treat. You can also add blackberries to a salad. Cut them in half or smaller pieces and offer fresh.You shouldnt normally offer boiled chicken to your dragon. However, your bearded dragon can eat some lean cooked chicken without any seasonings once or twice a month. Offer few bites as a treat. Meat should never replace live bugs as its not nutritionally balanced or easily digestible, either.Yes, your bearded dragons eat some boiled eggs very occasionally (once or twice a month). Make sure not to use any seasonings or oil when cooking. You can also offer scrambled eggs to your dragon. Dont offer more than half a chicken eggs per one feeding.You can read more about offering eggs to your bearded dragon and how to cook them here. Yes, your bearded dragon can eat Bok Choy (also called Pak Choi or Chinese cabbage) occasionally (once in 10-14 days). Offer chopped green leaves, and the white part finely chopped. Only offer Pak Choi to adults.This is because Bok choi is high in goitrogens, which inhibit iodine absorption by the body, leading to thyroid issues. Therefore, feed them occasionally and mix with other greens.No, dont feed your bearded dragon any bologna sausage. Bologna is a processed food and contains too much salt and fat. Dont feed at all.No, your bearded dragon must not eat Bonsai tree leaves. Bonsai trees are miniature trees of any kind of a tree. Some Bonsai trees can be toxic to your bearded dragon. Check with each tree type, and avoid putting near your dragon at all.No, your bearded dragon must not eat box elder bugs at all, as they are toxic to your dragon! Dont feed at all!You shouldnt feed bread to your bearded dragon. You can only offer few bites rarely (1-2 times a month) as a treat. But best to avoid at all unbalanced food and high carbohydrate content.Yes, your bearded dragon can eat broccoli, but very occasionally. That is because broccoli is goitrogenic, so offer only once in 10-14 days. Mix with other vegetables and offer fresh.Buffalo worms are also called Alphitobius diaperinus. They turn into beetles. Actually, your bearded dragon over 6 months old can eat buffalo worms as they are high in protein (around 55%).However, give them only as treats because they are also high in fat (around 25%). Dont feed beetles (also called cleaner crew or litter beetles).No, your bearded dragon cant eat butter! Butter is pure fat, and will cause serious digestive issues. Never offer pure butter or anything fried in butter.Butter lettuce (or butterhead lettuce) doesnt provide much nutritional value to your bearded dragon, so try not to feed at all or only rarely.Too much lettuce can cause diarrhea in your dragon, and therefore loss of water. Only give a little for extra moisture from time to time (once in 2 weeks or so).No, your bearded dragon cant eat buttercups as they are toxic to dragons! Keep away and never feed any.It can be risky feeding any butterflies to your bearded dragon, so please avoid. Some butterflies are brightly colored, potentially being toxic.Monarch butterflies and some other species are toxic to bearded dragons. Also, butterflies can carry parasites, pesticides and other chemicals.Yes, your bearded dragon can eat cabbage, but not as a staple. That is because cabbage is goitrogenic, and can lead to thyroid issues with regular feedings.Red cabbage is lower in goitrogens, so your bearded dragon can eat it more often once in 7-10 days. Offer green cabbage to your bearded dragon only once in 10-14 days. If you are in the UK, you might also find spring greens, which include young cabbage.Yes, your bearded dragon can occasionally eat cantaloupe. Most bearded dragons enjoy eating small pieces of cantaloupe. Offer as fruit treats it is high in vitamin A, but has higher phosphorus content than calcium (1:1.5).Yes, your bearded dragon can eat carrots, but only occasionally. Carrots are rather unbalanced in Ca:P ratio (1:1.6) and contain some oxalates.Offer some grated carrots once in 7-10 days mixed in a salad, or more often, but smaller quantities. Also, offer fresh carrots only cooked carrots have a much lower nutritional value.No, your bearded dragon cant eat dry or wet cat food! Cat food is too high in protein and fat and is very unbalanced for your bearded dragon. Same goes for wet dog food.Also, bearded dragons digestive system is not designed to digest high amounts of meat and fat. Continuous feeding will cause fatty liver disease and kidney problems.While you shouldnt feed catnip to your bearded dragon, it shouldnt cause any ill effects if your dragon eats a little.Yes, your bearded dragon can eat cauliflower, but only occasionally as they are high in goitrogens. Offer chopped raw cauliflower pieces to your dragon to eat once in 10-14 days.Cavolo nero, also called black cabbage or Lacinato kale, is very rich in iron. While your bearded dragon can eat Cavolo nero, its goitrogenic (type of kale). Offer only once in 10-14 days or more often in smaller quantities.Yes, your bearded dragon can eat celery stalk and leaves. Your bearded dragon can eat finely chopped raw celery once a week.No, your bearded dragon shouldnt eat centipedes. While most centipedes are not toxic, some of them are. Centipedes can also carry parasites and chemicals. Similarly to centipedes you might see millipedes, which are toxic for your dragon.The main damage is when a centipede or millipede bites your dragon, injecting the toxins. If your dragon eats the centipede/millipede without being bitten, there is a high chance that it will be fine.But if your bearded dragon has eaten a centipede/millipede, please get some activated charcoal to detoxify your dragons system or take it to the vet. And try to take its picture if you can. House centipedes tend to be less dangerous than wild ones.No, you shouldnt feed your bearded dragon any cereal. Cereal is full of sugar and is mostly processed. While your bearded dragon might enjoy few pieces once a month, please try to avoid altogether.Yes, your bearded dragon can eat chard, but only occasionally. This is because chard (or Swiss chard) is high in oxalates. But chard is also a good source of vitamin A. Offer fresh finely chopped chard once in 10-14 days.No, your bearded dragon shouldnt eat cheese. Reptiles cannot properly digest dairy products, so avoid altogether. It is also too high in fat.Yes, bearded dragons can eat cherries occasionally as a treat. Fruits and berries, including cherries, should make up only 10% of the diet.No, bearded dragons cant eat chives, as they are potentially toxic to them. Avoid altogether.Yes, cicadas are non-toxic, so your bearded dragon can eat them. Make sure cicada is not too large for your dragon it shouldnt be wider than the width between the dragons eyes. It would be also better to wait for it to shed (resulting in a softer exoskeleton for an easier digestion).Yes, your bearded dragon can eat cilantro (coriander). Most bearded dragons enjoy a coriander herb, so you can offer fresh cilantro once or twice a week.No, your bearded dragon shouldnt eat cinnamon. Cinnamon can cause irritation in the mouth from eating, and even lung inflammation from breathing it in. If making an applesauce, skip cinnamon.Yes, your bearded dragon can eat clover leaves (less often flowers) as a treat.Yes, your bearded dragon can eat certain species of cockroaches. Some cockroach species make one of the best foods for your dragon. Most roaches are easy to breed, are nutritious and large.For example, bearded dragons can eat Dubia roaches, Discoid roaches, Madagascar hissing roaches, Turkestan roaches, Orange head and more.Bearded dragons shouldnt eat cooked rice as a normal part of their diet. Rice is high in phosphorus and hard to digest for bearded dragons due to high starch content. Too much phosphorus in the rice will cause imbalance of Ca:P ratios in your bearded dragons body.Just a little bit of cooked rice as a treat will be fine, but very rarely if at all.Yes, your bearded dragon can eat courgette (zucchini), but very rarely. This is because zucchini is very high in phosphorus (1:4.5). Feed once in 2 weeks and make sure to balance out the calcium level by supplementing or adding high calcium veggies.Yes, bearded dragons can eat salad cress. However, they are high in oxalates, so offer once in 10-14 days.Yes, bearded dragons can eat cucumbers, but very rarely as they are poor in nutrients. High amounts of cucumbers will cause diarrhea and stomach upsets.Bearded dragons shouldnt eat cucumber skin because it will cause digestion problems. As long as cucumber is peeled, your dragon can have its seeds. Dont offer cucumber leaves.Yes, your bearded dragon can eat kale, but only rarely. Kale is high in goitrogens. Feed once in 2 weeks.Yes, your bearded dragon can eat curly mustard (same as mustard greens). Your bearded dragon can eat curly mustard every day as a staple.Yes, you can use cuttlefish bone to use for calcium supplementation for your bearded dragon. Use a knife to scrape the cuttlefish bone or a grinder. And then, use a powder to dust the food.You can read about bearded dragon supplementation in this post (new tab). Yes, bearded dragons can eat dandelion flowers and leaves and they are actually one of the staples. Dandelions are very nutritious and have a proper Ca:P ratio (2.7:1). Make sure to collect from a clean field that hasnt been sprayed or buy from stores.No, your bearded dragon shouldnt eat dates. Dates are too dry for your dragon (hard to eat and digest impaction risk) and too high in sugar.While your bearded dragon can eat freeze dried feeder bugs such as dried crickets like this from time to time, dont use all the time. Thats because they dont move and still lose part of its nutrition.But if the insects were alive (crickets, locusts, roaches), dont feed if they die. You can feed the dead insect straight away, but not more than 10-15 minutes after it died. Dead insects attract various parasites and loose most of their moisture and nutrition quickly.Avoid offering any dead or dried mealworms to your bearded dragon. Mealworms have tough exoskeletons, and dried ones can cause impaction in your dragon. They are also fatty, and dried ones would lose a lot of nutrients too.Yes, your bearded dragon can occasionally eat white or red dead nettle leaves. Mix in a salad once in 2 weeks or so.No, your bearded dragon shouldnt eat deli meat. Deli meats or ham are highly processed, contain a lot of salts and preservatives. Avoid completely.Yes, your bearded dragon can eat dew worms (earthworms), but its not recommended to take earthworms from outside as they can be loaded with parasites.Earthworms are rather nutritious, containing moderate amounts of fat (5-11%) and are source of iron. But the Ca:P ratio is rather low, 1:3.5 and requires dusting with calcium.If feeding occasionally, make sure to get captive bred dew worms (earthworms). Do not buy earthworms raised for bait as they are grown in poor conditions.No, your bearded dragon shouldnt eat dill pickles at all, because they are too high in salt. Cucumbers are not very nutritious for your bearded dragon, anyways.Yes, bearded dragon can eat discoid roaches as a staple. Discoid roaches are similar to Dubia roaches in nutrition, are rather to easy to breed and grow fast too. Only downfalls are that they can be harder to sex and to find for sale.No, your bearded dragon cant eat dock leaves. Dock leaves are too high in oxalates, so avoid completely.No, bearded dragons cant eat dog food. Your bearded dragon must not eat dog food, because its too high in protein and fat. Also, dog food (dry or wet) can contain preservatives that will be too harsh for your bearded dragons digestive system.Bearded dragons in general are not supposed to eat meat normally (only allow rarely).High protein levels in dog food will cause constipation, gout and kidney failure in your bearded dragon long-term, and high fats obesity, fatty liver disease and heart problems.No, your bearded dragon shouldnt eat Doritos. Doritos are processed food that contains too much salt and spices. Please avoid. If your bearded dragon accidentally ate a small piece, it should be fine though.Yes, your bearded dragon can eat dried fruit, but only rarely. In general, fresh fruit is a treat for your dragon, but dried fruit should only make a small proportion of treats. That is because dried fruit is very high in sugar.If you want to offer any dried fruit to your dragon, make sure they are easy to chew and that its an acceptable fruit overall. Prunes and dried apricots are an example of allowed dried fruits.Its not recommended for your bearded dragon to eat mealworms. Mealworms are treats for bearded dragons, and you should only offer them to your dragon that is over 8-10 months old.Freeze dried mealworms are not likely to spark any interest in your dragon, and will have a low nutritional value.Yes, your bearded dragon can eat Dubia roaches! Dubia roaches are one of the best staple feeder bugs for your dragon. They are easy to sex and breed, dont make any noise and cant jump or climb. Dubias are moderate in fat (6-7%) and Ca:P is 1:3.2, so they will need gut-loading and dusting.No, your bearded dragon shouldnt eat any earwigs. Earwigs can pinch your bearded dragon and cause digestive upsets. Wild caught earwigs can also be full of pesticides, mites and other chemicals. While earwigs are generally not toxic, you shouldnt feed any earwigs to your dragon.While you can put Echeveria in your bearded dragons tank, you shouldnt feed it to your bearded dragon. Echeveria is a non-toxic decorative plant for your bearded dragons tank, but your dragon shouldnt eat it as food.While your bearded dragon can rarely eat edamame, feeding them is not a good idea. Only feed few, once a month or so, if at all.First of all, edamame is a soybean, which contains isoflavones, which can mildly mimic female estrogen hormones. Edamame is also high in oxalates (calcium binding) and has a high phosphorus ratio compared to calcium (around 1:3).Yes, your bearded dragon can and should be encouraged to eat edible flowers! Some flowers can be fed as staples and add variety to the diet.But make sure flowers havent been sprayed with any pesticides or other fertilizers. Some of the best edible plants for your bearded dragon are dandelions, hibiscus and nasturtiums.While your bearded dragon can rarely eat some scrambled or boiled egg, offer egg yolk in minimal quantities if possible. Try to remove most of the egg yolk when offering eggs.This is because egg yolk is high in fat and cholesterol, which isnt healthy in big quantities.Yes, you can occasionally offer an egg to your bearded dragon. Only offer half a chicken egg or up to 1 quail egg at a time.You can read a full post on feeding bearded dragons eggs here (new tab). No, dont give your bearded dragons any eggshells. Eggshells are sharp and will cause injuries in the mouth and guts, and cause impaction.Elephant Bush, or Portulacaria afra is a non-toxic succulent plant that you can have in your bearded dragons terrarium. However, dont offer it for feeding at all.If you wish, you can grow it in the tank, but you will need grow lights for them. They can also grow tall, so will need some care.Yes, your bearded dragon can eat endive, and its actually one of the staple greens for your dragon. Endive has an optimal Ca:P ratio (2:1), so ideal for every day feeding. Its also not too high in oxalates or goitrogens.No, bearded dragons cant eat Eucalyptus! Eucalyptus contains various oils and is not safe not only to eat, but even to put in your dragons tank as a plant. Dont use for feeding or as a decor in the tank.No, your bearded dragon shouldnt eat any fish at all. Fish carry parasites and have small and sharp bones, which can injure your dragons insides and cause serious impaction.You cant get rid of parasites before offering them to your dragon. Fish is also not a regular/normal meal for your dragon.No, same as with any other fish, your bearded dragon shouldnt eat any fish. Fish contain natural parasites in them, that you cant eliminate before giving to your bearded dragon.While wild bearded dragons sometimes eat fish, please dont risk feeding any guppies to your bearded dragon, even feeder ones. They are also fatty.No, your bearded dragon shouldnt eat any feeder lizards. This is because lizards have bones, and your bearded dragon cant properly digest bones. This increases the risk or impaction.Most lizards are also large, and anything larger than the width of the head is likely to cause impaction. Having said that, your dragon will probably be fine if it has eaten a small lizard, but it can result in parasites.If you wish, feed fuzzy mice to your bearded dragon once a month or less. That is for example when you want your dragon to gain weight. Otherwise, skip that too. Even feeding fuzzy mice (with not a fully developed skeleton) is not safe.Yes, your bearded dragon can eat fennel occasionally. Fennel is not the staple food, so mix with other salads every 10-14 days. Ca:P ratio in the fennel isnt the most optimal 1:1.1, but fennel is high in Vitamin C.Yes, your bearded dragon can eat figs. Try to offer fresh figs over dried ones as an excellent treat (fruits). Figs have an excellent ratio of Ca:P 2:1 and are high in vitamins A, K and fiber. Dried figs are too high in sugar, so try to avoid.Yes, your bearded dragon can eat some type of flies. Your bearded dragon can eat fruit flies, Black Soldier fly (often given larvae). Fireflies (lightning bugs) are toxic and even 1 can kill your dragon.Common black flies shouldnt do any harm if your dragon ate one, but they can still carry parasites. Try to avoid feeding any wild black flies for that reason.No, your bearded dragon shouldnt eat Flukers cricket quencher. Cricket quencher is often high in calcium and contains food coloring.If your bearded dragon has eaten some cricket quencher, reduce its calcium intake for few days. It can also cause some digestive upsets and runny poop.In general, its better to offer crickets and other feeder bugs fresh veggies and fruit for hydration, rather than quenchers or crystals.Yes, your bearded dragon can eat Frisee. Frisee is a type of endive also called curly endive. Endive is a staple for bearded dragons, so you can feed it daily.No, your bearded dragon cant eat frogs or toads. Frogs and toads can pass and cause parasitic infections in your bearded dragon. What is more, frogs and toads can cause serious impaction and paralysis in your bearded dragon. Avoid, as frogs are not suitable type of food for bearded dragons.Yes, you can offer frozen vegetables when its too hard to find fresh ones. However, your bearded dragon will greatly benefit from fresh vegetables (and fruits).This is because freezing causes some loss of vitamins B and C. Try to offer more fresh vegetables and fruits, but you can also mix in some frozen ones too. Freezing in general, preserves most nutrients well.Yes, your bearded dragon can eat fruit, but make sure to offer fruit as treats. Fruit should only make 10% of your bearded dragons diet.Yes, your bearded dragon can eat Garbanzo beans occasionally. Garbanzo beans, also known as chickpeas, are slightly high in phosphorus (1:3). Offer only once in 10-14 days, in small quantities. Make sure that if buying canned ones, they dont contain salt or other preservatives.Yes, your bearded dragon can eat garden peas, but only rarely. Garden peas are very high in phosphorus, so dont offer a good Ca:P ratio (1:4).Gardenias are mostly non-toxic, but they are toxic to many small animals, as well as dogs, cats and horses. It is better to avoid having gardenia in your bearded dragons enclosure, and never feed any to your dragon.No, bearded dragons cant eat garlic, as its toxic to them. Avoid completely.No, your bearded dragon cant eat garlic chives, as they are toxic to your dragon. Avoid.Gem lettuce is a small version of larger Romaine lettuce, which is not very nutritional for your bearded dragon.Your bearded dragon shouldnt really eat Gem lettuce, only add small amounts to a salad rarely once a month or so. You can offer whenever needed for extra water intake (very dry foods).Otherwise, avoid offering much, and better stick to other more nutritional greens. For example, endive, escarole and others, which are similar to lettuce.There is no evidence as to whether Goji berries (Wolfberries) are safe for bearded dragons. However, Goji berry plant is toxic to most reptiles. Please avoid having any Goji berry plant, or actual berries near your bearded dragon and never feed any.No, your bearded dragon shouldnt eat any goldfish. This is because goldfish carry a lot of parasites. Also, they are not natural for your dragon to eat they are nutritionally unbalanced and fatty.While bearded dragons can eat apples, Granny Smith apples are not the best choice. This is because Granny Smith apples are very acidic and hard to bite. If feeding apples as a treat, try to choose sweeter apples.No, your bearded dragon cant eat grapefruit. Grapefruits are very acidic, and can cause serious digestive upsets. Please avoid feeding any citrus fruits.Yes, you bearded dragon can eat red/green grapes, but very rarely. Offer as treat, only once in 2 weeks or so. Your bearded dragon might prefer sweet and ripe grapes. If you can, peel the grapes to make them easier to digest.However, grapes and raisins are debated to cause liver and kidney damage, so you might avoid feeding any grapes/raisins at all.Yes, your bearded dragon can definitely eat grasshoppers. Grasshoppers are fairly nutritious, and similarly to crickets will need gut-loading. But remember, lubber grasshoppers are toxic to bearded dragons.Dont feed wild grasshoppers from outside as they do carry parasites. If you wish to feed your bearded dragon any grasshoppers, you can buy special feeder grasshoppers or buy canned grasshoppers like this.Yes, your bearded dragon can eat green beans, but not as a staple. Green beans have a Ca:P of 1:1 and some oxalates, so feed once a week or so in a mixed salad.No, your bearded dragon must not eat guacamole! Guacamole is made of avocado (toxic), lemon juice which is too acidic and other unsuitable ingredients.Yes, your bearded dragon can eat guava as a treat. While guava is very high in vitamin C, it is also slightly high in phosphorus (Ca:P ratio of 1:2.2). Good treat within 10% of fruit allowance. To prepare, remove the skin, seeds and cut into small pieces.No, your bearded dragon shouldnt eat gummy bears! Gummy bears are too high in sugar and not beneficial for your dragon at all. If your bearded dragon has accidentally eaten a gummy bear, then its fine.Dont offer any more fruits to your dragon for few days and hydrate to help pass the gummy.No, your bearded dragon cant eat Halo oranges. Bearded dragons should not eat any acidic citrus fruits such as oranges, grapefruit, lemons, limes and so on. Acidic foods will cause serious digestive upsets in your bearded dragon.Your bearded dragon can eat a small piece of a hamburger once in a while as a treat. Make sure the hamburger doesnt have any unsafe vegetables or any seasonings. Hamburgers are cooked on oil and are very fatty, so limit the consumption to once a month if at all.No, bearded dragons cannot eat harvester ants, as their bites are very painful and they can also be venomous. Horned lizards are known to feed mainly on harvester ants, though.Yes, your bearded dragon can eat hay. For example, your bearded dragon can eat alfalfa hay (better to offer green, fresh hay) as a staple. Alfalfa is a flowering crop plant in a legume family. Alfalfa is also good to add extra fiber and calcium to your dragons diet.You can also offer timothy hay, but less often. This is because timothy hay would be dry and lacking moisture.Dont offer too much hay to your dragon, as they are very high in fiber and can cause runny poops in high quantities. Add some fresh (high in moisture) alfalfa in your dragons salad few times a week.Hens and chicks are non-toxic to your bearded dragon and you can use them in your dragons tank. But your dragon shouldnt eat hens and chicks, however if it ingested some, it will be fine.Yes, your bearded dragon can eat herbs from time to time if you add them to the salads. Herbs will add variety and most dragons love the taste or aromatic herbs.Permitted herbs are basil, coriander, peppermint, spearmint, dill, thyme, oregano and rosemary. Never feed chives as they are toxic! Also avoid parsley.Yes, your bearded dragon can eat hibiscus, even every other day. You can feed the whole hibiscus plant, and they are very nutritious. Most bearded dragons seem to like the taste of hibiscus.Yes, you can feed Madagascar hissing cockroaches to your dragon. But make sure you are feeding nymphs, because hissing roaches get very big. Hissing roaches have a thick shell, so feed to adults of over 12 months old.Madagascar hissing roaches have a longer lifespan than most other roaches, and grow and breed quite slowly. This is the main reason most owners dont choose hissing roaches. Hissing roaches can also climb.Ca:P ratio in hissing roaches is 1:3.7 (vs. 1:8 in crickets). They are also high in protein (20%) and moderate in fat (6%), similarly to crickets. Make sure to gut-load for 24hrs before feeding. Note the size, too.Your bearded dragon can eat a little bit of honey mixed in some water. Honey has natural antibacterial properties. Bearded dragons also like its sweet taste.Your dragon shouldnt eat honey too often though it is high in sugar. Offer once in a while mixed with water to dilute and soften.Yes, your bearded dragon can eat honeydew melon as a treat. Cut to small bite sized cubes and offer as a treat (within 10% of fruit allowance).No, your bearded dragon cant eat honeysuckle. Honeysuckle is lightly toxic to people, but mildly to highly toxic to dogs and other small animals. Avoid.No, your bearded dragon cant eat hostas (plantain lilies). Most lilies are toxic to dogs, cats and small animals and cause allergic reactions too. Avoid.No, your bearded dragon shouldnt eat hot dogs. Hot dogs are processed food, high in fat and salt. Meat must also not be a normal part of your dragons diet. You can offer a piece once in a while, but never often.No, your bearded dragon shouldnt eat house spiders. House spiders might carry parasites, and wont offer any proper nutrition to your dragon. If your bearded dragon has accidentally eaten a house spider, it should be fine though.No, your bearded dragon shouldnt eat hummus. Hummus contains lemon juice, garlic, oil and other ingredients that your dragon must not eat (even toxic). It will also make your dragons poop runny.No, your bearded dragon shouldnt eat ice cream. Ice cream is a dairy product, and bearded dragon cannot properly digest dairy. Dairy in larger quantities will cause serious digestive issues in your dragon.Yes, your bearded dragon can eat iceberg lettuce from time to time. Iceberg lettuce is not very high in nutrients, but offer from time to time for extra water intake. Mix with salad and offer small quantities. Romaine and gem lettuce is slightly higher in nutrients, so you might consider that.Yes, your bearded dragon can eat impatiens as a snack. Impatiens are safe for your dragon to eat.No, your bearded dragon cant eat iris flowers. Iris plants are toxic to your dragon, and will cause both very negative digestive tract issues and skin reactions. Avoid all iris flowers.It is better not to feed your bearded dragon any isopods. Never let your dragon eat isopods from outside, as they tend to carry parasites and be high in pesticides and heavy metals.If you wish to use isopods for a bioactive setup, you will need to breed isopods and then use a new clean colony for the setup. Isopods are often used as cleaner bugs in a bioactive setup. While your bearded dragon can eat some of them, they shouldnt be a normal part of the diet.There are number of different ivy plants that can be either safe or toxic. Ivy plants should mainly be used as decorative plants, and not fed to your bearded dragon.For example, Swedish ivy is safe for your dragons tank. Toxic ones (both leaves and berries) are English ivy, Boston Ivy. Also toxic are Parlor Ivy and Poison ivy. Please avoid using any ivy plants apart of Swedish ivy in your dragons tank, as most ivy plants are not safe for dragons.Yes, your bearded dragon can eat small quantities of jalapenos. Dont offer leaves or seeds cut the outer part into small pieces. Offer few pieces at a time, once in 3-4 weeks as a treat. This is to prevent digestive upsets and runny stools.No, your bearded dragon shouldnt eat any jam. Jam is low on nutrients and is mainly sugar. Offer fresh (and rarely dried) fruits instead.No, your bearded dragon shouldnt eat Japanese beetles. The toxicity of Japanese beetles to bearded dragons is not completely researched. However, Japanese beetles are not likely to be toxic and your bearded dragon is likely to be fine if ingested one or few.Japanese beetles have a thick exoskeleton which can be hard to digest. Nutrition levels in them is also not fully researched/determined. Try to keep your dragon away from Japanese beetles.No, bearded dragons shouldnt eat jello. Jello doesnt offer any suitable nutrition to your dragon it is mainly made of gelatin, sugar and coloring. Avoid feeding any.No, your bearded dragon shouldnt eat any type of jerky. Jerky is a very dry and processed food, very high in fat, salt, cholesterol and other additives. Avoid altogether.Your bearded dragon can eat jicama (Mexican yam bean) as a snack. Jicama is rather sweet and is not highly nutritional (contains good amounts of vitamin C, though). Offer few pieces or some grated jicama root from time to time as a treat. Ca:P ratio in jicama is 1:1.5.No, dont let your bearded dragon eat June bugs. June bugs can come in contact with various pesticides. They also have a thick outer shell which can cause impaction. If your bearded dragon has eaten a June bug, it should be fine though.Kai lan is also called gai lan, Chinese broccoli or Chinese kale. Your bearded dragon can eat kai lan, but in limited quantities. Kai lan is high in vitamin A, C, K, folate and Manganese, and its Ca:P ratio is 2.4:1.However, Kai lan is goitrogenic, that will seriously affect your bearded dragons thyroid health in bigger quantities. Offer some kai lan to your bearded dragon only once in 2 weeks mixed in a salad.Yes, your bearded dragon can eat kale. Kale is not a staple, but it has been proven that kale is not high in oxalates as previously stated. However, kale is slightly goitrogenic. Offer raw kale to your bearded dragon occasionally.Yes, your bearded dragon can occasionally eat kidney beans. Kidney beans are slightly high in phosphorus (Ca:P ratio is 1:4), so offer only from time to time.Yes, your bearded dragon can eat king worms (also known as superworms, or Zophobas morio). Offer king worms only to your adult bearded dragon (hard to digest).Also make sure the size is not larger than the width between your dragons eyes. Ca:P ratio is 1:13, so gut-loading is necessary.Your bearded dragon can eat kiwi only rarely, as it is acidic and very high in oxalates. Feed only few times a month. You can leave the kiwi seeds, but your dragon shouldnt eat the kiwi skin. Peel it first and offer few small bites.Yes, your bearded dragon can eat kohlrabi, but very occasionally. This is because kohlrabi is high in goitrogens. Offer some raw grated kohlrabi only few times a month.No, do not to feed any kumquats to your bearded dragon. Kumquats are sour inside, and have a sweet skin. Bearded dragons shouldnt eat any citrus fruits, so avoid.No, your bearded dragon cant eat ladybugs as they are toxic to your bearded dragon. If your bearded dragon has accidentally ingested one, then it will most probably be fine. But if you normally have many ladybugs in your house, set traps to catch them.Yes, your bearded dragon can eat lambs lettuce, but only occasionally and in small quantities. Lambs lettuce is mostly made of water (90-93%) and Ca:P ratio is 1:1.4. Not a high nutritional value (although high in potassium).Yes, your bearded dragon can eat lavender, as its non-toxic. Make sure plants have not been sprayed with anything, though.No, your bearded dragon cant eat leeks! Leeks are a part of the onion family and are toxic to bearded dragons in bigger quantities. They cause anemia and organ failure. Avoid altogether.Lemon balm is a plant in a mint family, and is non-toxic if ingested. It is better to use it as a decoration in the tank. You cause the plant in the room or the tank, and your dragon is not likely to eat it because of a strong smell.No, bearded dragons cant eat lemons. Avoid feeding any citrus fruits to your bearded dragon.Eating even 1 lightning bug can kill your bearded dragon.No, your bearded dragon must not eat lighting bugs, as they are highly toxic to your dragon. Eating even one lighting bug can kill your bearded dragon.No, your bearded dragon shouldnt eat lilies or have them in the tank. Most lilies are toxic to bearded dragons. Toxic lilies include Lily of the valley, Calla lilies, Tiger lily, Oriental lily, Peruvian lily, Glory lily and many more. Dont have any lilies near your bearded dragon.Yes, your bearded dragon can eat Lima beans, but only occasionally. Beans are high in phosphorus (Ca:P ratio is 1:3.5). Offer boiled or canned beans once in 2-3 weeks.No, bearded dragons cant eat any citrus fruits avoid feeding any limes at all! Citrus fruits are dangerous to bearded dragons.Yes, bearded dragons can eat lobster roaches. Lobster roaches breed very easily and have thin shells for easier digestion. However, lobster roaches can climb very well, so you will need to put them in a large bowl with slippery sides to prevent escapes.No, your bearded dragon must not eat lubber grasshoppers as they are toxic. Do not feed any and make sure that your bearded dragon cant eat any of them. They are highly toxic to bearded dragons.While your bearded dragon can eat some lychee fruit, they are very high in phosphorus compared to calcium (Ca:P ratio of 1:6). Offer very rarely, and only the inside of the fruit that is properly ripe.Yes, your bearded dragon can eat mangetout (snow peas) occasionally. Offer once in 7-10 days.Yes, your bearded dragon can enjoy mango as a treat (within the 10% of fruit allowance). Ca:P ratio 1:1.Yes, your bearded dragon can enjoy marigold as a treat, as they are non-toxic. However, be careful with Marsh marigolds, dont let your bearded dragon ingest them.You should avoid feeding your bearded dragon any potatoes and never offer raw potatoes. Mashed potato (brown or sweet potato, with no seasonings or else) can be a very rare treat. Potatoes are hard for bearded dragons to digest, are very starchy and high in phosphorus.Yes, your adult bearded dragon can eat mealworm beetles. Only offer to adults because they can cause impaction in baby dragons. Also, make sure not to offer too often, because they are high in fat.Yes, your bearded dragon can eat mealworm pupae. Make sure your bearded dragon is over 8-10 months old before you feed any mealworms and note the size. Mealworm pupae have softer shells than actual beetles.Yes, your bearded dragon can eat mealworms, but only from time to time as treats. Ca:P ratio in mealworms in around 1:16.5 (vs. crickets 1:11). Mealwroms are high in in phosphorus, are hard to digest and quite fatty (13% vs. 6% in crickets).Offer only to adult bearded dragons over 8-10 months old and of appropriate size. You can feed both larvae, pupae and beetles of mealworms.Yes, your bearded dragon can eat and enjoy mint. Offer some mint leaves on the salad to entice your dragon to eat. Dont offer too many leaves at a time, and use more as a garnish/dressing.No, your bearded dragon must not eat monarch caterpillars or butterflies, as they are highly toxic to them! Avoid.Yes, your bearded dragon can eat Morio worms (superworms) as a treat. Make sure your bearded dragon is at least 16 inches (around 10-12 months old), before you offer any Morio worms.Also note the size. Morio worms are very fatty (17%). Offer as treats offer few once in 1-2 weeks.No, your bearded dragon must not eat morning glories. Morning glories and dwarf morning glories are toxic to reptiles, including bearded dragons. Even few seeds can cause serious adverse reactions.No, your bearded dragon shouldnt eat any mosquitoes. They can come in contact with pesticides and other chemicals. However, if your bearded dragon accidentally ingests one, it should be fine.Yes, bearded dragons can enjoy washed mulberry leaves fresh from trees (not sprayed with anything). Mulberry leaves are nutritious and Ca:P ratio is around 2:1, which is ideal. You can invest in a mulberry tree to regularly include fresh mulberry leaves to your bearded dragons salads.If you have a colony of silkworms, they will also eat and enjoy mulberry leaves. However, if you wish to offer actual mulberry berries/fruit to your dragon, make it only a treat.No, your bearded dragon must not eat any mushrooms. Mushrooms are too high in phosphorus, hard to digest when raw and most types can be toxic to bearded dragons. Avoid altogether.Yes, bearded dragons can eat mustard greens as a staple. Feed mustard greens every day, as they are high in vitamin A and C, potassium, lutein. Ca:P ratio is also ideal 2:1.Bearded dragons can eat Napa cabbage (also called Chinese cabbage), but only once in 2-3 weeks. Chinese cabbage is high in goitrogens.Yes, your bearded dragon can eat and enjoy nasturtium flowers and leaves every other day. They are nutritious and non-toxic.Yes, your bearded dragon can eat nectarines within the 10% of fruit allowance.While stinging nettle leaves are edible, you should avoid feeding many to your bearded dragon. Nettle spikes cause serious irritation to the skin and mouth.Also, older nettle leaves are high in oxalates and can cause digestive upsets. You can offer some leaves, but never too many. And you have to remove the spikes first and wash the plant. It is better to avoid feeding any.Yes, your bearded dragon can eat Nopales. Nopales are the type of prickly pear cactus pads. These pads are an excellent source of nutrients, so you can feed it daily!You can buy cactus pads like this online and feed them to your bearded dragon. Finding in stores might be more difficult local markets can have some. You can also try growing your own plant from cuttings. To prepare, remove the outer layer skin, and feed the inside part to your dragon.Yes, your bearded dragon can eat NutriGrubs. NutriGrubs are also known as Calci worms or Phoenix worms. NutriGrub, or Phoenix worms, are excellent staple feeder bugs.They dont need any dusting or gut-loading, as they have an ideal Ca:P ratio 1.5-2:1. They are also moderate in fat (10%). However, they are rather small, so you would need to supplement with other bugs as well to make a meal.No, bearded dragons cant eat nuts. Nuts are too high in fat and phosphorus, making them completely unsuitable for bearded dragons.No, bearded dragon cant eat oak leaves. Oak leaves are toxic to bearded dragons and even larger pets, causing severe digestive issues. Avoid any oak leaves or acorns getting near your bearded dragon.No, bearded dragons cant eat oats. This is because oats pose a risk or impaction and expand greatly when wet. Do not use oats as your bearded dragons tank substrate either as they can easily get moldy and get ingested by your dragon.No, your bearded dragon shouldnt eat any olives. Olives are very high in fat. You can also give your bearded dragon few drops of olive oil when its constipated or impacted.No, your bearded dragon must not eat any onions. Onions and other plants from the onion family must be avoided altogether as they are toxic to your dragon.Yes, your bearded dragon can eat orange head roaches. Orange head roaches (Eublaberus Posticus) are good feeder roaches, but they can smell. However, if you keep them in optimal conditions, they will not smell.The wont climb or fly either, and they are also beautiful. Also, they have a soft exoskeleton, making digestion easy for your bearded dragon.They will need gut-loading. Orange head roaches can make excellent staple feeders, but can be hard to find. They are also not allowed to be kept at home in some states by law, so check first.No, bearded dragons cant eat oranges. Oranges and other citrus must be totally avoided. Also avoid any orange or other citrus peel.Yes, your bearded dragon can occasionally eat orange bell peppers. You can also offer red or green bell peppers. Offer only occasionally, once a week or so. Your dragon might prefer the certain color of the bell pepper, so you might experiment.Yes, your bearded dragon can eat some oregano mixed in a salad.Pangea and Repashy is a complete food, mainly for crested geckos. Bearded dragons need more fresh veggies and live bugs, but your dragon can eat some Pangea or Repashy as a treat. Pangea food comes in different flavors, such as this papaya one. Yes, your bearded dragon can eat and enjoy pansies. Feed flowers only as treats. Make sure flowers havent been sprayed with anything before feeding.Yes, your bearded dragon can eat and enjoy papayas often. Papayas have an ideal Ca:P ratio of 4.5:1 and are high in vitamin C. Feed often in a range of 10% fruit allowance.No, avoid feeding any parsley to your bearded dragon. This is because parsley is very high in oxalates. While your bearded dragon can eat few leaves rarely, it is better to stick to other herbs mint, basil, oregano and more.Yes, your bearded dragon can eat parsnips, but only occasionally. Ca:P ratio in parsnips is 1:2. Grate parsnips or cut to very small pieces, and offer raw.Yes, your bearded dragon can eat peas and pea pods. Peas is an occasional vegetable, however. Also, your bearded dragon can eat pea shoots or sprouts, but they are higher in phosphorus.Yes, your bearded dragon can eat fresh peaches occasionally (within the 10% of the fruit allowance). Remove the skin and cut to small bite size pieces.No, bearded dragons cant eat peanut butter. Peanut butter is too high in fat and protein. Also, it has added sugar. Avoid altogether.Yes, bearded dragons can eat pears as a treat. Offer small bites within the 10% fruit allowance. Moderate in oxalates.Yes, your bearded dragon can eat petunias as a treat, as they are non-toxic. Make sure flowers havent been sprayed with anything before feeding.No, your bearded dragon cant eat philodendron, as it is toxic. Dont let your bearded dragon eat any type of a philodendron plant.Yes, your bearded dragon can eat Phoenix worms, also called Black Soldier fly larvae, CalciWorms or Reptiworms. Phoenix worms are great staple bugs, and dont require feeding or gut-loading. However, Phoenix worms are very small and you will need a lot to feed your dragon.You can buy them in larger quantities (such as 500 or this 1000) to feed your dragon. You can alternate between Phoenix worms and other staple, because you might need 80-100 of them to make a meal.No, pine is toxic to bearded dragons. If you are putting a Christmas tree in your home, make sure not to let your dragon go near it. Pine fumes, sap and needles are all toxic to bearded dragons.While your bearded dragon is not likely to die from ingesting few needles (hopefully properly chewed before swallowing), you must keep your dragon away from the real Christmas tree.Yes, your bearded dragon can eat few small pineapple pieces, but very rarely. Pineapples are acidic, so limit the consumption to minimal.Yes, your bearded dragon can eat Pinto beans, but only occasionally. They are quite high in phosphorus (1:2).Yes, bearded dragons can eat plums, but in very small quantities are only occasionally. Plums are moderate in oxalates, but Ca:P ratio is 1:2.6.Your bearded dragon can eat pomegranate seeds very rarely. Offer once a month or so as a treat. While pomegranate seeds are small to cause impaction, you should try to avoid any problems. Pomegranate is also rather high in phosphorus with Ca:P ratio of 1:3.5.No, your bearded dragon shouldnt eat any popcorn. Most popcorn is seasoned and buttered, which is very unhealthy for your dragon. In general, popcorn is not at all suitable for your bearded dragon, so avoid.If your bearded dragon has accidentally ingested a kernel, it can lead to impaction and expanding of the kernel in the stomach. Watch your dragon if this happens. Popped kernel should pass fine.No, bearded dragons cant eat Pothos, as it is toxic! Avoid having any Pothos near your bearded dragons tank, or inside.Yes, your bearded dragon can eat pumpkin occasionally. You can feed raw pumpkin, avoid feeding seeds. Pumpkin is good when your bearded dragon is constipated. Dont feed too much, as it can cause diarrhea.Canned pumpkin in case of constipation is also an option. But in general, choose squashes as a staple food for your dragon.Your bearded dragon can eat quail eggs very occasionally as a treat. You can offer eggs once a month or so. Offer one small quail egg (boiled, scrambled) without any oil or seasonings. Quail eggs are even more nutritious than chicken eggs.Yes, your bearded dragon can eat radicchio occasionally. However, radicchio is high in oxalates. Ca:P ratio is not optimal either 1:2.1. Only offer once in few weeks.Yes, your bearded dragon can eat radishes, but only once in a while. This is because radishes are high in goitrogens. Offer once in few weeks.No, avoid feeding your bearded dragon raisins. Raisins are high in sugar and are thought to cause liver and kidney damage in reptiles.Yes, your bearded dragon can eat rapini, but only occasionally. This is because rapini is high in goitrogens. Ca:P ratio is 1.4:1. Offer once in 2 weeks.Yes, your bearded dragon can eat raspberries, but only occasionally. Raspberries are not the best fruit for bearded dragons, because they are high in oxalates. Offer quite rarely.Yes, bearded dragons can eat roses as a treat. Your bearded dragon can eat rose petals, hips and leaves. Make sure to give only a little bit as a treat, big amounts can cause stomach upsets.Yes, your bearded dragon eat a little bit of rosemary from time to time. Only give a little bit because larger amounts will cause digestive irritation.Yes, your bearded dragon can eat savoy cabbage, but only occasionally. Savoy cabbage is quite goitrogenic. Also, Ca:P ratio is 1:1.2, which isnt optimal to feed often.No, your bearded dragon cant eat sedum. Your bearded dragon will develop digestive sues if it eats sedum. In high quantities it will be toxic.Yes, bearded dragons can eat silkworms. Silkworms make great feeder insects, as they are soft and easy for your dragon to eat and digest. Offer silkworms in the larvae stage better, as they are much higher in nutrition than moths.While you can offer silkworm moths to your bearded dragon, they will be less nutritional. Remember that you also need to gut-load them for 24 hours before feeding to your dragon.No, you must not feed any slugs to your bearded dragon. This is because your bearded dragon might choke or suffocate from the mucus that slugs have on them. Slugs can also carry parasites.No, your bearded dragon cant eat snapdragons as they are toxic to them. Avoid.No, bearded dragons cant eat sorrel, as in bigger quantities it will cause poisoning and digestive issues. Also, sorrel is bitter and sour, because it has high quantities of oxalic acid (bad for dragons).No, you shouldnt feed your bearded dragon any spaghetti or noodles. Spaghetti is bad food for bearded dragons because it is mainly carbohydrates and very high in phosphorus.Yes, your bearded dragon can eat spinach, but very rarely (less than once a month). Spinach is very high in oxalates, so you should even try to avoid it in your bearded dragons diet altogether if possible.No, your bearded dragon cant eat any spring onions. Any type of onions are toxic for bearded dragons, and spring onion is a young onion. Avoid.Yes, your bearded dragon can eat squash and its actually a staple vegetable that you can feed every day. Your bearded dragon can enjoy various squashes Butternut, Scallop, Hubbard, Acorn, Spaghetti, Summer.To prepare squash, remove the peel, finely chop, grate it, or cut into thin pieces. Offer raw squash to your bearded dragon to preserve all the nutrients.Yes, your bearded dragon can eat slightly steamed vegetables, but it is a better idea to offer raw vegetables. Raw vegetables are superior in nutrition than steamed or cooked vegetables. Wash well and cut to small pieces or strips.Yes, your bearded dragon can eat strawberries, but only rarely. Strawberries are both oxalic and goitrogenic berries, so feed only once a month or so. Remove the top and cut into small pieces.Yes, your bearded dragon can eat sugar snap peas, but only occasionally. Ca:P ratio in sugar snap peas is 1:1.2.Yes, your bearded dragon can eat sunflower leaves/petals. Sunflowers are non-toxic to animals or people, but make sure it wasnt sprayed with anything before offering to eat. Dont offer seeds though your dragon will have trouble digesting them.Yes, your bearded dragon can eat swede (rutabaga) occasionally. Dont offer too often because swede is high in goitrogens. Ca:P is also not optimal for frequent feeding 1:1.2. Offer raw.Yes, your bearded dragon can eat sweet potato, but rarely. Sweet potato is high in carbohydrates and is starchy, making digestion of raw sweet potato quite difficult. Its better to offer boiled sweet potato. Only offer very rarely and as a treat.It is better for your bearded dragon not to eat any sweetcorn. This is because sweetcorn is very high in phosphorus and can lead to calcium deficiency if you offer often. Ca:P ratio is 1:12.5, which is too high.No, your bearded dragon cant eat tangerines. Dont feed your bearded dragon any citrus fruits at all.Yes, your bearded dragon can eat thyme as a treat. Thyme is safe for bearded dragons.No, your bearded dragon must not eat tiger lilies, as they are toxic. Each part of a tiger lily plant is toxic to your bearded dragon, so you must avoid it.Yes, tomato worms (hornworms) are good feeders for your bearded dragon, so it can eat them. They are soft, but can be expensive to buy. Make sure to buy feeder insects and never feed wild-caught hornworms (as they can eat tomato plants that are toxic to dragons).You can buy feeder hornworms that come in a cup with food for them to eat like this. While your bearded dragon can eat some tomato, you should avoid feeding much if any at all. Tomatoes are acidic, which is not good for your bearded dragons digestive system. Also, tomatoes are high in phosphorus (Ca:P ratio = 1:2.5). Try to avoid.No, your bearded dragon must not eat any tulips. Tulip bulbs are the most toxic part of the plant, and ingestion will cause severe symptoms. Dont let your bearded dragon eat even petals, as they are also mildly to moderately toxic.Yes, your bearded dragon can eat turnip greens. Make sure they are cut to smaller pieces to avoid them getting stuck in your bearded dragons throat.Yes, your bearded dragon can eat a little bit of applesauce in case of constipation. Applesauce is good to help with constipation or to feed when your bearded dragon is sick.Dont add any cinnamon or sugar. It is better to make your own, because ones in stores often have preservatives. Only offer unsweetened applesauce in case of digestive issues, otherwise fresh apples are better.No, your bearded dragon cant eat any vinegar as its too acidic. If you are wondering about effects of cleaning the tank with vinegar, then it should be fine. Make sure to dilute the vinegar and let the tank air out before your return your dragon back to the cage.Vita sand is a sand substrate for reptile tanks. However, your bearded dragon must not eat the sand, as it is very likely to cause impaction. Please use non-loose substrate for your bearded dragons tank.You should not feed your bearded dragon any wandering jew. Its sap can cause serious allergic skin reactions.Yes, your bearded dragon can eat watercress every other day. Watercress is high in calcium, vitamin A and C. Ca:P ratio is ideal 2:1. Oxalate level in watercress is low-medium.Yes, your bearded dragon can eat watermelon, but only from time to time. Feed watermelon mainly for extra water intake. This is because watermelon is not very nutritious.However, it will provide a good amount of water and some fiber. Offer little quantities, or it will cause runny poop. Remove the rind and seeds, and cut to small bite sized pieces.Yes, your bearded dragon can eat wax worms, but only as a treat. This is because wax worms are very high in fat (20-25%).Yes, your bearded dragon can eat and enjoy woodlice. Make sure the woodlice are not wild. You can buy feeder ones or start a colony yourself.Woodlice are nutritious, but they eat a lot to be full and grow. They are also quite small. Tropical woodlice are good as feeder bugs.Yes, your bearded dragon can eat yams, but only in small quantities or rarely. This is because yams are not optimal in Ca:P ratios 1:3.2 and they are also starchy. Offer raw and grated (remove the skin).Your bearded dragon should not eat yogurt normally. This is because bearded dragons are not designed to digest dairy. When buying yogurt, choose non-dairy yogurt which can be a vegan soy one.Offer yogurt to a bearded dragon which has parasites or is receiving medications, which can impact the gut flora. Offer a small spoon once a week.Your bearded dragon can also eat some yogurt when its having low appetite. Healthy dragons wouldnt really need to eat yogurt, at least not regularly. Vegan yogurt is a natural macrobiotic to help in case of digestive tract issues.Yes, your bearded dragon can eat zucchini, but only rarely. This is because zucchini is high in phosphorus (1:4.4). Offer some raw grated zucchini (remove the skin) in the mixed salad once in 2 weeks.If you would like to learn more abut bearded dragon diet, read this post of what and how feed your bearded dragon here.You can also learn about bearded dragon supplementation and vitamins in this post.

What fruits are bearded dragons allowed to eat. What fruits can bearded dragons not have. What fruits and vegetables can bearded dragons not eat.