

Olympic Bearded Dragon

Bearded Dragon - Foodlist



Thank you for downloading our Foodlist for Bearded Dragons! Here you can find all the good food for your beardies!

Fruits:

Blueberry

BlackBerry

Pear

RaspBerry

Watermelon

Peach

Strawberry (not to much)

Apple (without peel)

Banana (not to much)

Plums (works laxative)

Mango

Honeydew melon

Papaya

Coconut

Note! Give all this fruit without pits because of blockages, Don't give them to much due to sugars!

Vegetables:

Arugula

Endive

Bok choy

Bell pepper

Tomato

Cooked Green beans

Eggplant

Cucumber (low in vitamin)

Corn

Zucchini

Bean sprouts

Garden cress

Radish

Our bearded dragons are especially fond of arugula and this also has a longer shelf life than endive



Wild Herbs:

Dandelion (flower and leaf are allowed, the stem is not poisonous)

Narrow plantain

***Stellaria media*, chickweed**

Coltsfoot

Animal food:

Grasshoppers

Silkworm

pachnoda marginata

Morio worms (biting)

Phoenix worms (contains a lot of calcium)

Dubias (non-pest-forming cockroaches and easy to grow yourself)

Crickets (Field crickets are known to gnaw your bearded dragon at night so take out uneaten animals)

Wax moths (are a kind of fries so not too much)

Pinkies (baby mice) (you can give this if your female has laid eggs and they need some calcium) (not too often)

Isopoda

Spiders

There are still more food animals, but these are most commonly given

Note: If you have any doubt giving this food DON'T do it

