

Tegu



REPTILES LOUNGE

Veggies

- Acorn squash
- Alfalfa
- Asparagus
- Bell peppers
- Butternut squash
- Chicory greens (Escarole)
- Collard greens
- Dandelion greens
- Endive
- Escarole
- Green beans
- Green peas, snap peas
- Kabocha squash
- Leeks
- Mustard greens
- Okra
- Parsnip
- Prickly pear cactus
- Radish
- Rapini
- Snap peas
- Spaghetti squash
- Turnip greens
- Yellow squash
- Yucca root - cassava- should be shredded
- Zucchini

Veggies In Moderation

- Beets and Beet greens - in moderation
- Bok choy - in moderation
- Broccoli - in moderation
- Brussels sprouts
- Cabbage- in moderation,
- Carrots and tops
- Cauliflower - in moderation
- Celery- low in nutrition
- Coriander - in moderation
- Corn - feed rarely or never
- Cucumber - low in nutrition
- Flowering plants like- Nasturtiums, Dahlia or hibiscus, - be careful of pesticides
- Lettuces - low in nutrition
- Rutabaga
- Spinach - feed rarely or never
- Sweet potato - feed rarely
- Swiss chard - feed rarely or never

Bread

- Cooked pasta or rice
- Whole wheat bread
- Lentils-cooked

Whole Prey

- Captive-raised insects
- Crayfish
- Chickens (baby)
- Crickets
- Earthworms
- Frogs (feeder)
- Gerbil
- Hamster
- Horn-worms
- Lizards (feeder)
- Meal-worms
- Mice
- Pinkie mice
- Quail hatchlings
- Rats
- Roaches
- Silk-worms
- Snails
- Super-worms
- Toads (feeder)
- Wax worms

Meat

- Soft-boiled or scrambled eggs
- Raw meats: turkey, lamb, venison, fowl, beef
- Fresh fish filets
- Organ meats: liver, hearts, gizzards
- Seafood: Crab, Scallops, Shrimp

Fruits

- Apples - in moderation
- Bananas - in moderation
- Berries
- Blackberries
- Blueberries
- Raspberries
- Strawberries - in moderation
- Cantaloupe
- Casaba
- Cherries
- Concord grapes
- Dates
- Figs - fresh or dried
- Grapes- Thompson seedless; green and red
- Honeydew
- Kiwi
- Mango
- Melons
- Papaya
- Peaches
- Pears
- Pumpkin
- Tomatoes
- Watermelon