

Food Chart Key

Green	Feed daily, staple
Black	Feed occasionally
Blue	Feed rarely
Yellow	Questionable
Red	Never

<u>Food Item</u>	<u>Ca:P</u>	<u>Protein</u>	<u>Fat</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Water</u>	<u>Notes</u>
<u>Alfalfa</u>							Great staple (alfalfa plant, not sprouts)
Alfalfa sprouts	1:2.2	4%	.7%	2%	.2%	93%	Good source of vitamins A & K
Apple (peeled)	1:1.8	.2%	.3%	1.9%	11.5%	85%	
Apricot (fresh)	1:1.4	1.4%	.4%	2.4%	9.3%	86%	High vit.A (26 IU/g)
Artichoke Heart (raw)	1:2	3.2%	.2%	5.4%	1.0%	85%	Good source of Vitamins C & K.
<u>Arugula (raw)</u>	3:1	2.6%	.7%	1.6%		92%	High vit. A (24 IU/g), bitter flavor
<u>Asparagus (raw)</u>	1:2.7	2.3%	.2%	2.1%	2%	92%	

Avocado	1:4	2.1%	17.3 %	4.9%	1%	73%	Unknown toxicity - deadly for birds
Banana	1:3.3	1.0%	.5%	2.4%	18.4%	74%	High phosphorus
<u>Basil (fresh)</u>	2.2:1	2.5%	.6%	3.9%		90%	High vit. A (39 IU/g)
Beans, Garbanzo (canned)	1:2.8	5.0%	1.1 %	4.4%	3.8%	70%	Low oxalates (24 ppm)
Beans, Green (canned)	1.4:1	1.2%	.1%	1.9%		93%	Moderate oxalates (312 ppm)
Beans, Green (raw)	1:1	1.8%	.1%	3.4%		90%	Moderate oxalates (312 ppm)
Beans, Kidney (canned)	1:3.9	5.2%	.3%	3.5%		78%	Moderate oxalates (312 ppm)
Beans, Lima (canned)	1:3.5	4.9%	.2%	4.8%	8.5%	77%	
Beans, Pinto (canned)	1:2.1	4.9%	.8%	4.6%		78%	
Beans, Soybeans (canned)	1:2.4	16.6%	9.0 %	6.0%		63%	Moderate oxalates (770 ppm), goitrogens
Beef (ground, low fat)	1:15.5	26.1%	11.7 %	0%		61%	High phosphorus and protein
<u>Beet Greens (fresh)</u>	3:1	1.8%	.1%	3.7%		92%	High oxalates, high vit. A (61 IU/g)
Beets (canned)	1:1	.9%	.1%	1.7%	6%	91%	High oxalates (15,000 ppm)

Bell Pepper (green)	1:2	.9%	.2%	1.8%		92%	Moderate oxalates (1171 ppm)
Bell Pepper (red)	1:2	.9%	.2%	2.0%		92%	High vit. C (19%), high vit. A (57 IU/g), moderate oxalates (1171 ppm)
Bell Pepper (yellow)	1:2.2	1.0%	.2%	.9%		92%	
Blackberries (fresh)	1.5:1	.7%	.4%	5.3%	7.9%	86%	Moderate oxalates, vit. C (2%), high in fiber
Blueberries (fresh)	1:1.6	.7%	.4%	2.7%	7.3%	85%	Moderate oxalates
<u>Bok Choy (Chinese Cabbage)</u>	2.8:1	1.5%	.2%	1.0%	1%	95%	High vit. C, high vit. A (30 IU/g), goitrogens
<u>Borage (raw)</u>	1.75:1	1.8%	0.7%	0%	.9%	93%	High in potassium.
Bran, Wheat (substrate)	1:73	15.6%	4.3%	42.8%		10%	High phosphorus and fiber
Bread, White	1:1	8.2%	3.6%	2.3%		37%	Great for hiding meds in
Bread, Whole Wheat	1:3.2	9.7%	4.2%	6.9%		38%	Great treat and for hiding meds in
Broccoli (raw)	1:1.4	3.0%	.4%	3.0%		91%	High vit. C (9%), mod. oxalates, goitrogens
Butterworms		16.2%	5.2%			59%	
<u>Cabbage, Green (raw)</u>	2:1	1.4%	.3%	2.3%	2.7%	92%	High vit. C (3%), goitrogens

Cabbage, Red (raw)	1.2:1	1.4%	.3%	2.0%	5.4%	92%	High vit. C (6%), mod. oxalates (350 ppm)
Cactus Pad/Leaf (raw)	2.3:1	.8%	.5%				Great staple veggie, high calcium
Cactus Pear (Prickly Pear)	2.3:1	.7%	.5%	3.6%		88%	Great staple veggie, high calcium
Cantaloupe (fresh)	1:1.5	.9%	.3%	.8%	8%	90%	High vit. A (32 IU/g)
Carrots (raw)	1:1.7	.8%	.5%	1.8%	6.6%	90%	High vit. A (150 IU/g), moderate oxalates
Cauliflower (raw)	1:2	2.0%	.2%	2.5%	2.2%	92%	Goitrogens
Celery (stalk & leaves)	1.6:1	.8%	.1%	1.7%	1%	95%	Finely chop
Chayote	1:1	.8%	.1%	1.7%		94%	Moderate oxalates (340 ppm)
Cheerios	1:1	11.0%	6.0%	9.0%		3%	High vit. D, A, and B vitamins
Cherries	1:1.6	1.1%	.2%	2.1%	12.8%	82%	Good source of potassium.
Chicken (cooked)	1:16.7	27.1%	4.1%	0%		68%	High phosphorus, high protein (white meat)
Chicory	2:1	1.7%	.3%	4.0%	.9%	92%	High calcium & fiber
Chives	1.6:1	3.3%	.7%	2.5%		91%	High vit. C, high oxalates, high vit.A (44 IU/g), potential toxicity
Cilantro (Coriander)	1.4:1	2.1%	.5%	2.8%		92%	High vit. A (40 IU/g), mod. oxalates (50 ppm)
Clover							Great treat

Grape Leaves (not ivy)	4:1	5.6%	2.1%	11.0%		73%	High in vit. A (270 IU/g), high calcium & fiber
Grapefruit (fresh)	1.2:1	.6%	.1%	0%	6.2%	91%	High vit. C (4%)
Grapes (red & green)	1.4:1	.6%	.4%	1.0%	16%	81%	Moderate oxalates (34 ppm)
<u>Guava</u>	1:1.3	.8%	.6%	5.4%	6%	86%	High fiber & vit. C, mod. oxalates (140 ppm)
<u>Hibiscus, Rosella (flower)</u>	2.7:1	1.6%	.1%	2.5%		86%	Great treat and excellent source of vitamins
<u>Hibiscus, Rosella (leaves)</u>	2.3:1	3.3%	.3%	1.6%		85%	
Honeydew (fresh)	1:1.7	.5%	.1%	.6%		90%	
Hornworms	1:3	9%	3%			85%	Info provided by Rob at Great Lakes Hornworm
<u>Kale (raw)</u>	2.4:1	3.3%	.7%	2.0%	2.2%	84%	High vit. A (89 IU/g), mod. oxalates, goitrogens
<u>Kiwi (fresh)</u>	1:1.5	1.0%	.4%	3.4%	9%	83%	High oxalates, and high vit. C (10%)
<u>Kohlrabi (raw)</u>	1:2	1.7%	.1%	3.6%	4.5%	91%	High vit. C (6%), goitrogens
<u>Leeks (raw)</u>	1.7:1	1.5%	.3%	1.8%	3.9%	83%	
<u>Lemon Grass (Citronella)</u>	1:1.5	1.8%	.5%	25.3%		71%	High fiber
Lettuce, Loose	1.4:1	1.3%	.2%	1.0%		96%	Poor nutritional value, may cause diarrhea

Leaf							
Lettuce, Iceburg	1:1	1.0%	.2%	1.4%	1.8%	96%	Poor nutritional value, may cause diarrhea
Lettuce, Red Leaf	1:1.2	1.3%	.2%	.9%		96%	Poor nutritional value
Lettuce, Romaine	1:1.3	1.6%	.2%	1.7%	2%	95%	Poor nutritional value, high vit. A (26 IU/g), high oxalates
Mango (fresh)	1:1	.5%	.3%	1.8%	14.8%	82%	High vit. A (39 IU/g), moderate oxalates (300 ppm)
Mealworm	1:25	20.3%	12.7 %	1.7%		62%	Low calcium, high phosphorus & fat, hard chitin shell
Mushroom, Portabella (raw)	1:16.3	2.5%	.2%	1.5%		91%	High phosphorus, WARNING - some mushrooms can be very toxic to Beardies.
Mustard Greens	2.4:1	2.7%	.2%	3.3%	.8%	91%	High vit. C (7%), high vit. A (53 IU/g), moderate oxalates (1287 ppm), goitrogens
Nasturtiums (flowers)							Great treat
Nectarine	1:3	.9%	.5%	1.6%	8.5%	86%	
Okra (raw)	1.3:1	2.0%	.1%	3.2%	2.4%	90%	Moderate oxalates
Olives (canned, pitted)	29:1	.8%	10.7 %	3.2%		80%	High in calcium and fat, high vit. E (3%)
Onion							Potential toxicity
Orange, Mandarin	1.4:1	.6%	.2%	2.3%		88%	Navel oranges have more vit. C and less vit. A

Orange, Navel	2:1	1.0%	.1%	2.4%	8.9%	87%	High vit. C (6%), moderate oxalates (87 ppm)
<u>Papaya (fresh)</u>	5:1	.6%	.1%	1.8%	5.9%	89%	Great staple fruit, high calcium, high vit. C (6%)
<u>Parsley</u>	2.4:1	3.0%	.8%	3.3%	1.1%	88%	High oxalates (14:1 ox:ca), high vit. C (13%), high vit. A (51 IU/g)
<u>Parsnip (raw)</u>	1:2	1.2%	.3%	4.9%	4.8%	80%	Moderate oxalates (205 ppm), high fiber
Pea sprouts (raw)	1:4.6	8.8%	.7%			62%	High in vitamins A & K
Peach (fresh)	1:2.4	.7%	.1%	2.0%	8.7%	88%	Low oxalates (10 ppm), goitrogens
Pear, Asian (fresh)	1:2.8	.5%	.2%	3.6%		88%	High oxalates
Pear (fresh)	1:1	.4%	.4%	2.4%	10.5%	84%	High oxalates
<u>Peas, Green (raw)</u>	1:4.3	5.4%	.4%	5.1%	4.5%	79%	
<u>Peas, Snap (pea & pod)</u>	1:1.2	2.8%	.2%	2.6%		89%	Moderate oxalates (60 ppm)
<u>Peppermint Leaves</u>	3.3:1	3.8%	.9%	8.0%		79%	High vit. C, high vit. A (43 IU/g), high fiber
Phoenix Worms	1.52:1	17.3%	9.4%			65%	Good source of calcium. www.Phoenixworm.com
Pineapple (canned)	2:1	.4%	.1%	.8%		86%	Moderate oxalates (58 ppm)

Pineapple (fresh)	1:1	.4%	.4%	1.2%	12%	87%	Moderate oxalates (58 ppm)
Pinky Mouse	1:1						Very high in fat
Plum (fresh)	1:2.5	.8%	.6%	1.5%	7.5%	85%	
Pomegranate	1:2.7	1.0%	.3%	.6%	9%	81%	Moderate oxalates (140 ppm)
Pork Chop (cooked)	1:7.8	30.2%	8.1%	0%		61%	High in phosphorus.
Potato, Russet (cooked)	1:5	1.7%	.1%	1.8%	1%	77%	Mod. oxalates (150 ppm), high phosphorus
Potato, Sweet (cooked)	1:1.3	1.7%	.3%	1.8%	5%	73%	High vit. A (171 IU/g), mod. oxalates (1000 ppm)
Prunes (canned)	1:1.5	.9%	.2%	3.8%		71%	
Pumpkin (raw)	1:2	1.0%	.1%	.5%	4.4%	92%	Moderate oxalates (400 ppm)
Radicchio	1:2	1.4%	.3%	.9%		93%	
Radish (raw)	1:1	.6%	.5%	1.6%	2.7%	95%	Moderate oxalates (92 ppm)
Raisins (seedless)	1:2	3.2%	.5%	4.0%	62%	15%	Great treat, high fiber, high sugar content
Raspberries (fresh)	1:1.2	.9%	.6%	6.8%		87%	Moderate oxalates
Rhubarb	6:1	.9%	.2%	1.8%	.9%	94%	Highly toxic! High oxalates (13,360 ppm)
Rice (brown, long grain)	1:8.3	2.6%	.9%	1.8%		73%	Must be cooked
Rosemary (fresh)	4.8:1	3.3%	5.9%	4.0%		68%	High calcium and fiber.

Rutabaga (raw)	1:1.2	1.2%	.2%	2.5%	5.6%	90%	Goitrogens
Salmon, Pink (canned)	1:1.5	19.8%	6.1%	0%		70%	High protein
Sardines (canned)	1:1.3	24.6%	11.5%	0%		60%	High protein
Seaweed (Kelp)	4:1	1.7%	.6%	1.3%		82%	High calcium
Silkworm	1:2.4	63.8%	unk	unk		76%	Contain an enzyme called serrpeptase, this has properties that make calcium absorption more efficient, can reduce inflammation, pain and best of all it can break down arterial plaque.
Spaghetti (cooked)	1:7	4.8%	.7%	1.7%		66%	
<u>Spearmint</u>	3.3:1	3.3%	0.7%	6.8%		86%	
Spinach	2:1	2.9%	.4%	2.7%	.4%	92%	High in vit. A (67 IU/g), high in oxalates (19:1 ox:ca), goitrogens
Sprouts, Brussel	1:1.6	3.4%	.3%	3.8%	2.2%	86%	High vit. C (8%), goitrogens
Squash, Acorn	1:1	.8%	.1%	1.5%	2.2%	88%	
Squash, Butternut (Winter)	1.5:1	1.0%	.1%	11.7%	2.2%	86%	High fiber, high vit. A (78 IU/g)
Squash, Hubbard	1:1.5	2.0%	.5%	8.7%	2.2%	88%	High fiber, high vit. A (54 IU/g)
Squash, Scallop	1:2	1.2%	.2%	3.8%	2.2%	94%	

Squash, Spaghetti	2:1	.6%	.6%	6.9%	2.2%	92%	High calcium and fiber
Squash, Summer	1:1.8	1.2%	.2%	1.9%	2.2%	94%	
Starfruit (Carambola)	1:4	.5%	.4%	2.7%	7.1%	91%	High oxalates (95,800 ppm)
Strawberries (fresh)	1:1.4	.6%	.4%	2.3%	5.7%	92%	High vit. C, moderate oxalates
Superworms	1:18	17.4%	17.9%	6.8%		60%	High phosphorus, dust or inject to increase calcium
Swiss Chard	1:1	1.8%	.2%	1.6%	1%	93%	High vit. A (33 IU/g), high oxalates
Swiss Cheese	1.6:1	28.4%	27.5%	0%		37%	High vit. D and A
Tofu (soft, raw)	3.6:1	8.1%	4.8%	.3%	.4%	85%	High protein (hasn't been tested for beardies...?)
Tomato, Red (raw)	1:5	.9%	.3%	1.1%	3%	94%	Moderate oxalates (263 ppm), acidic
Turnip (raw)	1:1	.9%	.1%	1.8%	3.8%	92%	Moderate oxalates (4:1 ox:ca), goitrogens
Turnip Greens	4.5:1	1.5%	.3%	3.2%	1%	91%	High vit. C (6%), high vit. A (76 IU/g), mod. oxalates
Watercress	2:1	2.3%	.1%	.5%	.4%	95%	High vit. C (4%), high vit. A (47 IU/g), high oxalates (6:1 ox:ca)
Watermelon	1:1	.6%	.4%	.5%	9%	92%	
Wax Worms	1:7	15.5%	22.2%	7.7%		62%	High phosphorus, dust to increase calcium
Wheat Grass	1:1	25%					Very nutritious for reptiles and humans.

Yams (raw)	1:3.2	1.5%	.2%	4.1%	.5%	70%	
Yogurt (with active cultures)	1.3:1	4.4%	1.8 %	0%		75%	Although yogurt can increase the good gut flora, it is now believed that beardies cannot properly digest dairy products.
<u>Yucca Root (Cassava)</u>	1:1.7	1.4%	.3%	1.8%		60%	
Zophobas Worms	unk	19.0%	17.0 %	unk		58%	
<u>Zucchini (raw)</u>	1:4.4	2.7%	.4%	1.1%	2.2%	93%	High phosphorus

Made by: <https://petlab.me/>

Resource: <http://www.beautifuldragons.com/Nutritionframeset.html>