



**BASIC DIET:** Below is a good, basic salad recipe. Keep in mind that your reptile will flourish best when fed a wide variety of vegetables and greens. Also, note that all food must be chopped or shredded into fairly small pieces, as reptiles do not chew their food.

**HARD Vegetables**

- 1/2 c. green beans
- 1/2 c. orange fleshed squash (acorn, butternut, etc.)
- 1 medium or 2 small parsnips

Add as many vegetables and greens from the following list as possible, keeping in mind the more variety, the better (vegetables marked with an \* are for occasional use only):

**GREENS (30-45% of diet)**

- Collard greens
- Mustard greens
- Turnip greens
- Dandelion greens

- Cilantro
- Bok choy\*
- Carrot tops\*

**VEGETABLES (30-40% of diet)**

- Zucchini
- Yellow squash
- Peas
- Bell peppers
- Okra
- Snow peas
- Broccoli\*
- Brussels sprouts\*
- Sweet potato
- Carrots\*

This is just a basic list. As you do your own research, you will find other food options.



13941 Elmore Road  
Longmont, CO 80504  
303-776-2070  
[www.corhs.org](http://www.corhs.org)