

Food Chart

Green	Feed Daily; Staple
White	Feed Regularly
Blue	Feed Occassionally
Yellow	Questionable -Don't Feed
Red	Never Feed

<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>
Alfalfa							Great staple (alfalfa plant, not sprouts)
Apple (peeled)	01:01.8	0.20%	0.30%	1.90%	11.50%	85%	
Apricot (fresh)	01:01.4	1.40%	0.40%	2.40%	9.30%	86%	High vit.A (26 IU/g)
Arugula (raw)	3:01	2.60%	0.70%	1.60%		92%	High vit. A (24 IU/g), bitter flavor
Asparagus (raw)	01:02.7	2.30%	0.20%	2.10%	2%	92%	
Avocado	1:04	2.10%	17.30%	4.90%	1%	73%	Unknown toxicity - deadly for birds
Banana	01:03.3	1.00%	0.50%	2.40%	18.40%	74%	High phosphorus
Basil (fresh)	2.2:1	2.50%	0.60%	3.90%		90%	High vit. A (39 IU/g)
Beans, Garbanzo (canned)	01:02.8	5.00%	1.10%	4.40%	3.80%	70%	Low oxalates (24 ppm)
Beans, Green (canned)	1.4:1	1.20%	0.10%	1.90%		93%	Moderate oxalates (312 ppm)
Beans, Green (raw)	1:01	1.80%	0.10%	3.40%		90%	Moderate oxalates (312 ppm)
Beans, Kidney (canned)	01:03.9	5.20%	0.30%	3.50%		78%	Moderate oxalates (312 ppm)
Beans, Lima (canned)	01:03.5	4.90%	0.20%	4.80%	8.50%	77%	
Beans, Pinto (canned)	01:02.1	4.90%	0.80%	4.60%		78%	
Beans, Soybeans (canned)	01:02.4	16.60%	9.00%	6.00%		63%	Moderate oxalates (770 ppm), goitrogens
Beef (ground, low fat)	01:15.5	26.10%	11.70%	0%		61%	High phosphorus and protein
Beet Greens (fresh)	3:01	1.80%	0.10%	3.70%		92%	High oxalates, high vit. A (61 IU/g)
Beets (canned)	1:01	0.90%	0.10%	1.70%	6%	91%	High oxalates (15,000 ppm)
Bell Pepper (green)	1:02	0.90%	0.20%	1.80%		92%	Moderate oxalates (1171 ppm)
Bell Pepper (red)	1:02	0.90%	0.20%	2.00%		92%	High vit. C (19%), high vit. A (57 IU/g), moderate oxalates (1171 ppm)
Bell Pepper (yellow)	01:02.2	1.00%	0.20%	0.90%		92%	
Blackberries (fresh)	1.5:1	0.70%	0.40%	5.30%	7.90%	86%	Moderate oxalates, vit. C (2%), high in fiber
Blueberries (fresh)	01:01.6	0.70%	0.40%	2.70%	7.30%	85%	Moderate oxalates
Bok Choy (Chinese Cabbage)	2.8:1	1.50%	0.20%	1.00%	1%	95%	High vit. C, high vit. A (30 IU/g), goitrogens
Borage (raw)	1.75:1	1.80%	0.70%	0%	0.90%	93%	High in potassium.
Bran, Wheat (substrate)	0.092361111	15.60%	4.30%	42.80%		10%	High phosphorus and fiber
Bread, White	1:01	8.20%	3.60%	2.30%		37%	Great for hiding meds in
Bread, Whole Wheat	01:03.2	9.70%	4.20%	6.90%		38%	Great treat and for hiding meds in
Broccoli (raw)	01:01.4	3.00%	0.40%	3.00%		91%	High vit. C (9%), mod. oxalates, goitrogens
Butterworms		16.20%	5.20%			59%	
Cabbage, Green (raw)	2:01	1.40%	0.30%	2.30%	2.70%	92%	High vit. C (3%), goitrogens

Cabbage, Red (raw)	1.2:1	1.40%	0.30%	2.00%	5.40%	92%	High vit. C (6%), mod. oxalates (350 ppm)
Cactus Pad/Leaf (raw)	2.3:1	0.80%	0.50%				Great staple veggie, high calcium
Cantaloupe (fresh)	01:01.5	0.90%	0.30%	0.80%	8%	90%	High vit. A (32 IU/g)
Carrots (raw)	01:01.7	0.80%	0.50%	1.80%	6.60%	90%	High vit. A (150 IU/g), moderate oxalates
Cauliflower (raw)	1:02	2.00%	0.20%	2.50%	2.20%	92%	Goitrogens
Celery (stalk & leaves)	1.6:1	0.80%	0.10%	1.70%	1%	95%	Finely chop
Chayote	1:01	0.80%	0.10%	1.70%		94%	Moderate oxalates (340 ppm)
Cheerios	1:01	11.00%	6.00%	9.00%		3%	High vit. D, A, and B vitamins
Cherries (fresh)	01:01.3	1.20%	1.00%	2.30%	14.60%	81%	Great treat
Chicken (cooked)	01:16.7	27.10%	4.10%	0%		68%	High phosphorus, high protein (white meat)
Chicory	2:01	1.70%	0.30%	4.00%	0.90%	92%	High calcium & fiber
Chives	1.6:1	3.30%	0.70%	2.50%		91%	High vit. C, high oxalates, high vit.A (44 IU/g)
Cilantro (Coriander)	1.4:1	2.10%	0.50%	2.80%		92%	High vit. A (40 IU/g), mod. oxalates (50 ppm)
Clover							Great treat
Collard Greens	14.5:1	2.50%	0.40%	3.60%		91%	Great staple, high calcium, moderate oxalates
Corn, Yellow	1:13	2.60%	1.00%	2.00%	5.40%	77%	High phosphorus, mod. oxalates (99 ppm)
Cranberries (fresh)	01:01.3	0.40%	0.20%	4.20%		87%	High fiber
Cricket (before gut loading)	1:12	21.30%	6.00%	3.20%		70%	Gut-load & dust to increase calcium
Cucumber (peeled)	01:01.5	0.60%	0.20%	0.70%	2.30%	97%	Good source of water, poor nutritional value
Dahlia (flower)							Great treat
Dandelion Greens	2.8:1	2.70%	0.70%	3.50%	2.40%	86%	High calcium, high vit. A (140 IU/g), moderate oxalates, be caut. of pesticides in wild greens
Earthworm		10.00%	2.00%			84%	Do not buy worms raised for bait.
Egg (whole, hard boiled)	01:03.4	12.60%	10.60%	0%		75%	
Eggplant (raw)	1:03	1.00%	0.20%	2.50%	3.40%	92%	Moderate oxalates (291 ppm), could be toxic to Beardies ???
Endive	1.9:1	1.30%	0.20%	3.10%	1.20%	94%	Mod. oxalates, high calcium
Escarole							High calcium, mix with other greens
Figs (raw)	2.5:1	0.80%	0.30%	3.30%	6.90%	79%	High in calcium & fiber. Moderate oxalates.
Grape Leaves (not ivy)	4:01	5.60%	2.10%	11.00%		73%	High in vit. A (270 IU/g), high calcium & fiber
Grapefruit (fresh)	1.2:1	0.60%	0.10%	0%	6.20%	91%	High vit. C (4%)
Grapes (red & green)	1.4:1	0.60%	0.40%	1.00%	16%	81%	Moderate oxalates (34 ppm)
Guava	01:01.3	0.80%	0.60%	5.40%	6%	86%	High fiber & vit. C, mod. oxalates (140 ppm)
Hibiscus, Rosella (flower)	2.7:1	1.60%	0.10%	2.50%		86%	Great treat and excellent source of vitamins
Hibiscus, Rosella (leaves)	2.3:1	3.30%	0.30%	1.60%		85%	
Honeydew (fresh)	01:01.7	0.50%	0.10%	0.60%		90%	
Kale (raw)	2.4:1	3.30%	0.70%	2.00%	2.20%	84%	High vit. A (89 IU/g), mod. oxalates, goitrogens
Kiwi (fresh)	01:01.5	1.00%	0.40%	3.40%	9%	83%	High oxalates, and high vit. C (10%)
Kohlrabi (raw)	1:02	1.70%	0.10%	3.60%	4.50%	91%	High vit. C (6%), goitrogens
Leeks (raw)	1.7:1	1.50%	0.30%	1.80%	3.90%	83%	
Lemon Grass (Citronella)	01:01.5	1.80%	0.50%	25.30%		71%	High fiber
Lettuce, Loose Leaf	1.4:1	1.30%	0.20%	1.00%		96%	Poor nutritional value, may cause diarrhea

Lettuce, Iceberg	1:01	1.00%	0.20%	1.40%	1.80%	96%	Poor nutritional value, may cause diarrhea
Lettuce, Red Leaf	01:01.2	1.30%	0.20%	0.90%		96%	Poor nutritional value
Lettuce, Romaine	01:01.3	1.60%	0.20%	1.70%	2%	95%	Poor nutritional value, high vit. A (26 IU/g), high oxalates
Mango (fresh)	1:01	0.50%	0.30%	1.80%	14.80%	82%	High vit. A (39 IU/g), mod. oxalates (300 ppm)
Mealworm	1:25	20.30%	12.70%	1.70%		62%	Low calcium, high phosphorus & fat, hard chitin shell
Mushroom, Portabella (raw)	01:16.3	2.50%	0.20%	1.50%		91%	High phosphorus, WARNING - some mushrooms can be very toxic to Beardies.
Mustard Greens	2.4:1	2.70%	0.20%	3.30%	0.80%	91%	High vit. C (7%), high vit. A (53 IU/g), moderate oxalates (1287 ppm), goitrogens
Nasturtiums (flowers)							Great treat
Nectarine	1:03	0.90%	0.50%	1.60%	8.50%	86%	
Okra (raw)	1.3:1	2.00%	0.10%	3.20%	2.40%	90%	Moderate oxalates
Olives (canned, pitted)	29:01:00	0.80%	10.70%	3.20%		80%	High in calcium and fat, high vit. E (3%)
Orange, Mandarin	1.4:1	0.60%	0.20%	2.30%		88%	Navel oranges have more vit. C and less vit. A
Orange, Navel	2:01	1.00%	0.10%	2.40%	8.90%	87%	High vit. C (6%), moderate oxalates (87 ppm)
Papaya (fresh)	5:01	0.60%	0.10%	1.80%	5.90%	89%	Great staple, high calcium, high vit. C (6%)
Parsley	2.4:1	3.00%	0.80%	3.30%	1.10%	88%	High oxalates (14:1 ox:ca), high vit. C (13%), high vit. A (51 IU/g)
Parsnip (raw)	1:02	1.20%	0.30%	4.90%	4.80%	80%	Moderate oxalates (205 ppm), high fiber
Peach (fresh)	01:02.4	0.70%	0.10%	2.00%	8.70%	88%	Low oxalates (10 ppm), goitrogens
Pear, Asian (fresh)	01:02.8	0.50%	0.20%	3.60%		88%	High oxalates
Pear (fresh)	1:01	0.40%	0.40%	2.40%	10.50%	84%	High oxalates
Peas, Green (raw)	01:04.3	5.40%	0.40%	5.10%	4.50%	79%	
Peas, Snap (pea & pod)	01:01.2	2.80%	0.20%	2.60%		89%	Moderate oxalates (60 ppm)
Peppermint Leaves	3.3:1	3.80%	0.90%	8.00%		79%	High vit. C, high vit. A (43 IU/g), high fiber
Pineapple (canned)	2:01	0.40%	0.10%	0.80%		86%	Moderate oxalates (58 ppm)
Pineapple (fresh)	1:01	0.40%	0.40%	1.20%	12%	87%	Moderate oxalates (58 ppm)
Pinky Mouse	1:01						Very high in fat
Plum (fresh)	01:02.5	0.80%	0.60%	1.50%	7.50%	85%	
Pomegranate	01:02.7	1.00%	0.30%	0.60%	9%	81%	Moderate oxalates (140 ppm)
Pork Chop (cooked)	01:07.8	30.20%	8.10%	0%		61%	High in phosphorus.
Potato, Russet (cooked)	1:05	1.70%	0.10%	1.80%	1%	77%	Mod. oxalates (150 ppm), high phosphorus
Potato, Sweet (cooked)	01:01.3	1.70%	0.30%	1.80%	5%	73%	High vit. A (171 IU/g), mod. oxalates (1000 ppm)
Prunes (canned)	01:01.5	0.90%	0.20%	3.80%		71%	
Pumpkin (raw)	1:02	1.00%	0.10%	0.50%	4.40%	92%	Moderate oxalates (400 ppm)
Radicchio	1:02	1.40%	0.30%	0.90%		93%	
Radish (raw)	1:01	0.60%	0.50%	1.60%	2.70%	95%	Moderate oxalates (92 ppm)
Raisins (seedless)	1:02	3.20%	0.50%	4.00%	62%	15%	Great treat, high fiber, high sugar content
Raspberries (fresh)	01:01.2	0.90%	0.60%	6.80%		87%	Moderate oxalates
Rhubarb	6:01	0.90%	0.20%	1.80%	0.90%	94%	Highly toxic! High oxalates (13,360 ppm)
Rice (brown, long grain)	01:08.3	2.60%	0.90%	1.80%		73%	Must be cooked
Rosemary (fresh)	4.8:1	3.30%	5.90%	4.00%		68%	High calcium and fiber.

Rutabaga (raw)	01:01.2	1.20%	0.20%	2.50%	5.60%	90%	Goitrogens
Salmon, Pink (canned)	01:01.5	19.80%	6.10%	0%		70%	High protein
Sardines (canned)	01:01.3	24.60%	11.50%	0%		60%	High protein
Seaweed (Kelp)	4:01	1.70%	0.60%	1.30%		82%	High calcium
Silkworm	01:02.4	63.80%	unk	unk		76%	Contain an enzyme called serrpeptase, has properties that make calcium absorption more efficient, can reduce inflammation, pain and best of all it can break down arterial plaque.
Spaghetti (cooked)	1:07	4.80%	0.70%	1.70%		66%	
Spearmint	3.3:1	3.30%	0.70%	6.80%		86%	
Spinach	2:01	2.90%	0.40%	2.70%	0.40%	92%	High in vit. A (67 IU/g), high in oxalates (19:1 ox:ca), goitrogens
Sprouts, Brussel	01:01.6	3.40%	0.30%	3.80%	2.20%	86%	High vit. C (8%), goitrogens
Squash, Acorn	1:01	0.80%	0.10%	1.50%	2.20%	88%	
Squash, Butternut (Winter)	1.5:1	1.00%	0.10%	11.70%	2.20%	86%	High fiber, high vit. A (78 IU/g)
Squash, Hubbard	01:01.5	2.00%	0.50%	8.70%	2.20%	88%	High fiber, high vit. A (54 IU/g)
Squash, Scallop	1:02	1.20%	0.20%	3.80%	2.20%	94%	
Squash, Spaghetti	2:01	0.60%	0.60%	6.90%	2.20%	92%	High calcium and fiber
Squash, Summer	01:01.8	1.20%	0.20%	1.90%	2.20%	94%	
Starfruit (Carambola)	1:04	0.50%	0.40%	2.70%	7.10%	91%	High oxalates (95,800 ppm)
Strawberries (fresh)	01:01.4	0.60%	0.40%	2.30%	5.70%	92%	High vit. C, moderate oxalates
Superworms	1:18	17.40%	17.90%	6.80%		60%	High phosphorus, dust or to increase calcium
Swiss Chard	1:01	1.80%	0.20%	1.60%	1%	93%	High vit. A (33 IU/g), high oxalates
Swiss Cheese	1.6:1	28.40%	27.50%	0%		37%	High vit. D and A
Tofu (soft, raw)	3.6:1	8.10%	4.80%	0.30%	0.40%	85%	High protein (hasn't been tested for beardies...?)
Tomato, Red (raw)	1:05	0.90%	0.30%	1.10%	3%	94%	Moderate oxalates (263 ppm), acidic
Turnip (raw)	1:01	0.90%	0.10%	1.80%	3.80%	92%	Moderate oxalates (4:1 ox:ca), goitrogens
Turnip Greens	4.5:1	1.50%	0.30%	3.20%	1%	91%	High vit. C (6%), high vit. A (76 IU/g), mod. oxalates
Watercress	2:01	2.30%	0.10%	0.50%	0.40%	95%	High vit. C (4%), high vit. A (47 IU/g), high oxalates (6:1 ox:ca)
Watermelon	1:01	0.60%	0.40%	0.50%	9%	92%	
Wax Worms	1:07	15.50%	22.20%	7.70%		62%	High phosphorus, dust to increase calcium
Wheat Grass	1:01	25%					Very nutritious for reptiles and humans.
Yams (raw)	01:03.2	1.50%	0.20%	4.10%	0.50%	70%	
Yogurt (with active cultures)	1.3:1	4.40%	1.80%	0%		75%	It can increase the good gut flora, it is now believed that beardies cannot properly digest dairy products.
Yucca Root (Cassava)	01:01.7	1.40%	0.30%	1.80%		60%	
Zophobas Worms	unk	19.00%	17.00%	unk		58%	
Zucchini (raw, peeled)	01:04.4	2.70%	0.40%	1.10%	2.20%	93%	High phosphorus