

Foods for herbivorous lizards

Greens

Staple

<i>Plant</i>	<i>Sources</i>	<i>Comments</i>
Collard Greens	☀	Excellent Ca:P, Goitrogenic in large quantities over long periods
Coriander/ Cilantro/ Dhania	☀ #	Good Ca:P. Readily available
Dandelion	☀ ♣	Leaves and flowers, Very Good Ca:P, South African variety less palatable than imported varieties
Endives/ Escarole/ Chicory	☀ #	(Sometimes at some Fruit and Veg city stores)
Hen and chicken	♣	
Hibiscus	♣	Leaves, flowers a favourite treat
Mulberry leaves	♣	Excellent roughage, not highly palatable
Mustard greens	☀	Leaves and flowers, Moderate oxalate content
Turnip greens	☀ #	Good Ca:P, Goitrogenic in large quantities over long periods.
Watercress	☀ #	Moderate oxalate content (<i>Checkers, Woolworths</i>)

Occasional

<i>Plant</i>	<i>Sources</i>	<i>Comments</i>
Basil	#	Pungency makes less palatable.
Beet greens	#	Good Ca:P, moderate oxalate levels. Not to give often.
Bok choy (Pak choy)	☀ #	Moderate to high goitrogen content, Not to give often.
Carnation	♣	Petals
Carrot greens	#	High oxalate content. Not highly palatable.
Celery leaves	#	Low Ca:P
Chinese cabbage	☀ #	Good Ca:P, High goitrogens – Not to give often
Clover	♣	High in oxalates. Not to be given often.
Dahlia	♣	Leaf and flower
Fennel	☀ #	Greens. Quite palatable
Geranium	♣	Flowers
Grape vine	♣	Leaf. Not very often.
Green pea	☀	Leaf
Kale	☀	Good Ca:P, Moderate goitrogen content
Lucerne/ Alfalfa	☀	Highly palatable
Nasturtium	☀ ♣	Leaves and flowers, Highly palatable, Very high water content, thus only as a small part of diet.
Oreganum	#	Pungency makes less palatable
Pansy flower	☀ ♣	Add colour to salad
Rocket	#	Moderate oxalate content, very palatable

Rose petals	☀ ♣	Beware of chemicals on flower bought commercially – rather only use from garden where no insecticides or other chemicals used on plants.
Swiss Chard	☀ #	Moderate to high goitrogens, Moderate oxalate content
Violet (Not African)	☀ ♣	Leaf and flower, Add colour and variety to diet.
Wandering jew	♣	Sap may be irritant to skin. Not palatable

Treat

<i>Plant</i>	<i>Sources</i>	<i>Comments</i>
Cabbage (Any type other than Chinese)	#	Low Ca:P, High goitrogen content, High water content
Lettuce (All types)	#	Dark leaf lettuces are better than pale leaf varieties, but overall all varieties of lettuce have very little nutritional value, and as such should not be fed except for the very occasional treat.
Spinach	#	Very high oxalates. Give rarely and preferably only as part of a diet with a good Ca:P ratio

Never

<i>Plant</i>	<i>Sources</i>	<i>Comments</i>
Chives/ Spring onion	#	Extremely high oxalate levels.
Parsley	#	Extremely high oxalate levels.
Rhubarb	#	Extremely high oxalate levels.

☀ : Grow from seed (Seed available). Possibly find product at fresh produce market

: Available at supermarket or fruit/veg stores

♣ : Common in gardens as garden plant or “weed”

Vegetables

Staple

<i>Vegetable</i>	<i>Sources</i>	<i>Comments</i>
Baby gemsquash	#	
Baby marrow	#	Very Low Ca:P
Butternut	#	
Flat beans	# ☀	
French/Green beans	#	Intermediate Ca:P
Hubbard Squash	#	Low Ca:P
Mange tout beans	#	Very palatable
Okra	# ☀	Not very palatable
Parsnip	# ☀	Intermediate Ca:P, Not highly palatable (Hard to get in some areas)
Patty pans	#	Low Ca:P, Palatable
Peas	#	Highly palatable, Fresh or frozen
Pumpkin	#	
Sugar snap peas	#	Highly palatable

Occasional

<i>Vegetable</i>	<i>Sources</i>	<i>Comments</i>
Asparagus	#	Low Ca:P
Beets	#	High oxalates
Bell peppers	#	Low nutritional value, add for colour and variety
Broccoli	#	High oxalates, High goitrogens and low Ca:P
Brussel sprouts	#	High oxalates, High goitrogens and low Ca:P
Carrot	#	Low Ca:P, High oxalates
Cauliflower	#	High goitrogens
Garlic	#	Intermediate Ca:P
Leek (bulb & lower leaf)	#	Intermediate Ca:P
Mushrooms	#	Very low nutritional value, add for variety
Onion	#	Low nutritional value, add for variety
Sweet potato	#	Moderate oxalate levels, Very high carbohydrate levels. Small part of diet
Turnip	#	Intermediate Ca:P, Moderate oxalate levels

Treat

<i>Vegetable</i>	<i>Sources</i>	<i>Comments</i>
Celery	#	Intermediate Ca:P, Intermediate Oxalate content, Low nutritional value. Give rarely
Corn	#	Very low Ca:P, Moderate goitrogen content. Very high carbohydrate levels. Give very rarely, or never
Cucumber	#	Low nutritional value. As an occasional treat, or never
Eggplant/ Aubergine	#	Low nutritional value. Occasional treat.
Lentils	#	Extremely low Ca:P, very high potassium and high in carbohydrates. Very rarely or never
Potato	#	Extremely low Ca:P, very high in carbohydrates. Very rarely or never
Radish	#	Intermediate Ca:P, low nutritional value
Soya	#	Low Ca:P, very high protein, Very high fat, Moderate goitrogen content
Tomato	#	Low Ca:P, very acidic – Vit C may be precursor for oxalates. Give sparingly or never

Never

<i>Vegetable</i>	<i>Sources</i>	<i>Comments</i>
Avocado	#	CARDIOTOXIC. Low Ca:P, extremely high fat content, very high potassium
Beans	#	Very high carbohydrate and fat levels, High potassium and low Ca:P

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Fruit

Staple

<i>Fruit</i>	<i>Sources</i>	<i>Comments</i>
Apple	#	If fed with skin, Ca:P better. Ca:P low. Do not feed seeds.
Apricot	#	Low Ca:P, Good Vitamin A
Blackberry	#	Moderate CA:P, Excellent fiber content. Be careful of seeds causing impaction in small lizards, Moderate Vitamin C
Blueberry	#	Moderate Ca:P. Be careful of seeds causing impactions in small lizards
Cherry	#	Moderate Ca:P, very good fruit for diet.
Cranberries	#	Moderate Ca:P, Be careful of seeds causing impactions in small lizards
Elderberry	☀	Moderate Ca:P, Excellent fiber content, Moderate oxalate content, Moderate Vitamin C
Figs – raw - dried	☀ ♣ #	Moderate to good Ca:P Moderate to Good Ca:P, Excellent fiber content, Very high carbohydrate levels, thus not a large part of diet
Mango	#	Moderate Ca:P, Very good Vitamin A, Moderate Vitamin C
Papaya	#	Good Ca:P, Good Vitamin A, High Vitamin C
Strawberry	#	Moderate Ca:P, High Vitamin C, Palatable. Be careful of seeds causing impactions in small lizards

Occasional

<i>Fruit</i>	<i>Sources</i>	<i>Comments</i>
Gooseberry	#	Moderate Ca:P. Be careful of seeds causing impactions in small lizards.
Grapefruit	#	Moderate Ca:P, High Vitamin C
Guava	#	Low Ca:P, Very High Vitamin C. Do NOT feed seeds to lizards – tend to cause impactions
Kiwifruit	#	Low Ca:P, High Vitamin C
Kumquat	#	Good Ca:P.
Loquats	♣	Low Ca:P, Good Vitamin A, Do NOT feed pips/seeds
Mulberries	♣ #	Moderate Ca:P, Be careful of seeds causing impactions in small lizards
Nectarines	#	Very low Ca:P, Good Vitamin A
Peach	#	Low Ca:P, Good Vitamin A, Skin high in goitrogens – peel before feeding
Pears	#	Moderate Ca:P, Do not feed seeds.
Persimmon	#	Moderate Ca:P, Good Vitamin A, Very high Vitamin C, High carbohydrates – not a large part of diet

Plum	#	Moderate Ca:P
Prunes	#	Low Ca:P, High Vitamin A, Very high potassium, and very high energy levels, thus only feed in small amounts
Raspberry	#	Moderate Ca:P,

Treat

<i>Fruit</i>	<i>Sources</i>	<i>Comments</i>
Banana	#	Low Ca:P, High in carbohydrates. Can feed in skin if grown organically
Cantaloupe/ Sponspeck	#	Low Ca:P, High Vitamin A, High water content so only as a rare treat
Dates	#	Moderate Ca:P, Good fiber levels, Very high carbohydrate levels and high potassium levels, thus only to be fed rarely.
Granadilla/ Passion fruit	#	Very low Ca:P. Seeds may cause impactions. Feeding not recommended
Grapes	#	Moderate Ca:P, Moderate oxalate levels.
Honeydew melon	#	Moderate Ca:P, High water content so only as a rare treat.
Litchi (Lychee)	#	Very low Ca:P. Do not feed skin or pips.
Oranges, Naartjie, Minneola, Clementine and Lemon	#	Good Ca:P. High Vitamin C. Feed very rarely and in small amounts or not at all
Pineapple	#	Moderate Ca:P. Feed sparingly or not at all
Quince	#	Low Ca:P.
Raisins		Low Ca:P. High in potassium and High in carbohydrates. Not to be given often or in large amounts
Starfruit/ Carambola	#	Low Ca:P and high in oxalates. Feed very sparingly or not at all
Watermelon	#	Low Ca:P and high water content so only a rare treat

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