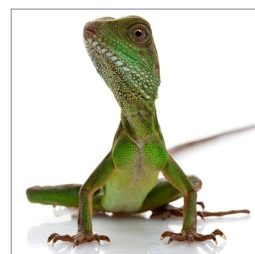


Iguana Diet Guide

This guide is meant to help iguana owners choose the appropriate diet for the pets. There are many types of greens and vegetables available that are ideal for offering your pet. These should always be fed along with a high quality pellet food in order for your pet to receive all of the vitamins and nutrients necessary for captive survival.



They should also have fresh water available at all times.

This guide can also be helpful for other herbivorous reptiles, but careful research should be done before offering your pet anything. All reptiles are different and tolerate certain foods differently.

Staples Collard Greens
Dandelion Greens

Variety Argula
Turnip Tops
Escarole
Endive
Chicory

Mustard Greens

Watercress

Swiss Chard

Mustard Spinich

Cilantro

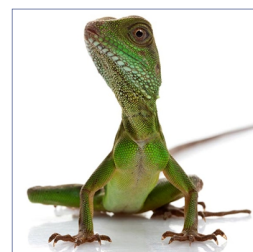
What Not to Feed

* Animal protein of any kind (cat or dog food, meat, heese, insects, monkey biscuits etc) Iguanas are obligate herbivores. Their bodies physically cannot process animal Proteins. Feeding animal protein puts a huge strain on the kidneys and liver and lead to an early death from liver or kidney failure

* Spiniach and parsley: They are very high in oxalates. Oxalates bind calcium to your iguana needs for strong bones.

Iguana Diet Guide

(con't)



What Not to Feed

Use

Sparingly Kale

Napa

Bok Choy

Beet Greens

Veggies Acorn Squash

(small Butternut

amounts) Yams

Parsnips

Green Beans

Peas

Fruits Grapes

(small Strawberries

amounts) Melons

Blueberries

Raspberries

Mango

* Kale and Broccoli: These are two major goitrogens that can lead to thyroid problems if fed too much. A little bit in moderation is okay, but it should not be a staple.

* Tofu: High in fat and too much is not good for iguana health. A little moderation is okay.

* Lettuce: None of any kind. They have almost zero and, often iguanas will stop eating everything else and hold out for lettuce.

* Solar Drops/UVB Drops: These are one of the biggest scams on the market. Iguanas cannot process dietary D3. They can only synthesize it with the help of UVB. It will also cause liver and kidneys to work overtime to process out all the D3 since the body cannot use it.