



# Guide To Bearded Dragon Feeding

Reviewed by Robin Rosen-Sharp DVM, CCRP  
Auroravet.com

## What Do Bearded Dragons Eat?

Bearded dragons are omnivores which means they eat both plants and insects. Younger bearded dragons tend to be more insectivorous whereas adults are more herbivorous. Generally their diet should be 50% plant based material consisting mostly of leafy green veggies and 50% insect material that has been gut loaded.

## What is Gut Loading?

Gut loading involves feeding insects a nutritious diet before they are eaten by a pet. Alone, these insects do not contain enough nutrients such as calcium and other important vitamins essential for their health. The insects you feed to your pet should be gut loaded for about 48 hours and then fed to your dragon.

## How to Gut Load Feeder Insects

You gut load feeder insects by first keeping them in a separate container where the base is covered with tropical fish food, moistened dry puppy food, instant baby food, or moistened commercial lizard pellets. There is also commercial gut loading products available. Fluker's High Calcium Cricket Feed and JurassiDiet Cricket Gut Load are great choices. Place small pieces of raw vegetables such as carrots and sweet potato as a water source. Orange slices can also be used as a water source. **Never** place a water dish in the feeder insect housing container as they can easily drown. Let the insects have access to the food for 48 hours before giving them to your pet. Do not use the insects if they have not had access to food for more than 12 hours as they have a high metabolism. Freshly dusting the insects with calcium powder is also vital for calcium supplementation.

## Worms

- Small super worms (use larger ones for larger bearded dragons)
- Butter worms (soft exoskeleton, easy to keep in your fridge, bright orange)
- Horn worms (soft exoskeleton, blue/green in color)
- Phoenix worms
- Repti worms (similar to Phoenix but raised on different food w/ different nutritional content)
- Dubia
- Silkworms (not easy to keep)

## Darker Greens for your Bearded Dragon or Feeder Insects

Collard greens - Mustard greens - Dandelion greens  
Turnip greens - Bok Choy - Clover - Kale - Broccoli

## Helpful Links

mazuri.com  
greatlakeshornworm.com  
mulberryfarms.com  
phoenixworm.com  
theroachranch.com

