



Iguana Salad

Ingredients:

EACH MEAL must contain items from ALL FIVE of the following groups:

Calcium-rich Vegetables *These should include two or more items per feeding; alfalfa pellets, 30-40% of the diet. beet greens, bok choy, collards, dandelions, escarole, kale, mustard greens, parsley, romaine, spinach, Swiss Chard, turnip greens.*

Other Vegetables *Feed a variety including frozen mixed veggies, squash, zucchini, sweet 30-40% of the diet. potato, bell pepper, broccoli, peas, beans, okra, grated carrot, sprouts.*

Grains and Fibers *This is optional and includes whole grain breads and natural bran cere- up to 20% of the diet. als.*

Fruits *up to 15% of the diet, no more. These include figs, papaya, melon, apple, peach, plum, strawberry, to- mato, banana (with skin), grapes, kiwi.*

Vitamin/Mineral Supple- ment. *This should not be necessary if the Iguana is fed a wide variety of ap- propriate foods, but is not a bad idea, especially in youngsters and in females before and during the egg-laying season (late winter to early spring). Ask us for recommendations.*

NO MEAT OR MEAT-BASED PRODUCTS! THESE LIZARDS ARE HERBIVOROUS! EXCESS MEAT PROTEIN IS A LEADING CAUSE OF KIDNEY FAILURE IN GREEN IGUANAS!

Preparation:

All items should be thoroughly washed, chopped medium to fine, and mixed well so that your Iguana cannot pick out his favorite items and leave the rest. Uneaten food should be discarded and replaced daily.

Feeding:

Hatchlings (up to 14 long) require twice daily or free-choice feeding. Juveniles and adults should be fed once or twice daily.*

Water:

Fresh water should be available at all times. Since Iguanas like to sit in and eliminate in their wa- ter, the bowl should be cleaned and disinfected daily.

