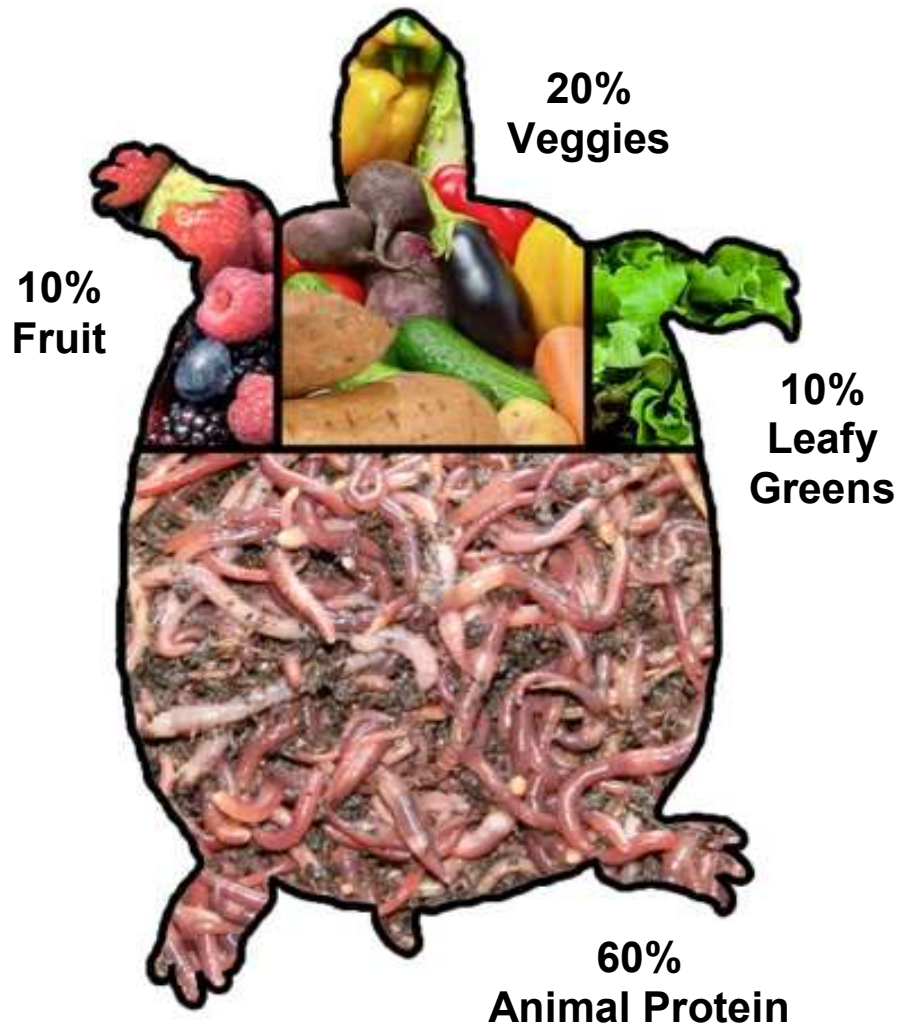


## Box Turtles are Omnivores



### Box Turtle Food Guide

#### 60% Animal Protein

- Earthworms
- Superworms\*
- Crickets\*
- Isopods/sowbugs<sup>c</sup>
- Hard boiled egg <sup>a</sup>
- Cooked turkey/chicken
- Low fat canned dog food<sup>c</sup>

#### 20% Veggies

- Butternut squash<sup>ac</sup>
- Sweet potato<sup>a</sup>
- Yellow squash
- Mushrooms
- Bell peppers<sup>a</sup>
- Carrots<sup>a</sup>
- Opuntia cactus pads

#### 10% Leafy Greens

- Collard greens<sup>c</sup>
- Dandelions<sup>c</sup>
- Kale<sup>ac</sup>
- Turnip greens<sup>c</sup>
- Escarole<sup>c</sup>

#### 10% Fruits

- Berries
- Mango<sup>a</sup>
- Papaya<sup>c</sup>
- Melons<sup>a</sup>
- Prickly pear<sup>c</sup>

<sup>a</sup> high in vitamin A

<sup>c</sup> high in calcium

\* should be gutloaded before feeding

#### Avoid:

- Beans
- Broccoli
- Bread, grains
- Cabbage
- Cat Food
- Corn
- Dairy products
- Rice

#### Supplementation:

Calcium (without D3) sprinkled on food 3-4 times weekly until 2 years of age then 1-2 times weekly after that.

Percentages can be used for individual meals or as a guide for the average of meals over the week.

**303-680-7305**

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