

Iguana Diet

In its natural environment, Iguanas are almost completely herbivorous (plant eating) from the time it hatches. However, captive juvenile iguanas should be fed some animal protein. Older iguanas should receive a complete vegetarian diet.

Juvenile iguanas should be fed daily. A good diet consists of a combination of the following:

- 1 part animal protein
 - water packed tuna
 - cooked chicken
 - hard-boiled or scrambled egg
 - prepared Iguana Diet
- 2 parts vegetable material
 - collared greens
 - carrots
 - beets
 - alfalfa sprouts
 - parsley
 - zucchini
 - squash
 - green beans
 - pea pods
 - frozen mixed vegetables
 - spinach (occasionally)
 - broccoli florets (occasionally)

Cut or chop all ingredients into pieces easily handled by the young iguanas.

Adult iguanas should be fed 2 to 3 times per week. A good diet consists of any combination of the following:

- Vegetables
 - collared greens
 - carrots
 - beets
 - alfalfa sprouts
 - parsley
 - zucchini
 - squash
 - green beans
 - pea pods
 - frozen mixed vegetables
 - spinach (occasionally)
 - broccoli florets (occasionally)
 - young dandelions (flowers and leaves)
 - hibiscus flowers
 - clover
 - rose petals
 - carnations and nasturtium
- Fruit (in moderation - make sure to remove all seeds and pits)
 - bananas
 - apples
 - berries
 - peaches
 - pears
 - plums
 - melons
 - grapes

Never offer avocados and it is best not to offer citrus fruits.

Vitamin Supplementation:

There are a few good vitamin and calcium supplementations available

for iguanas. While calcium and vitamins are extremely important, over supplementation can be equally problematic. If an iguana is on a good diet, has proper UV lighting and is housed in proper and sanitary conditions, vitamin and calcium supplementation is not necessary. If one chooses to use calcium and vitamin supplements, follow directions carefully. Nekton , Vita-Life and Reptical are all good vitamin and calcium supplements. Most calcium and vitamin deficiencies in iguanas, leading to diseases such as Metabolic Bone Disease, result not from a lack of supplements but rather from a poor diet and insufficient UV lighting.