



# BEARDED DRAGON FEEDING GUIDE



## WATER

### **Every Day Regardless of Age**

Place a shallow bowl inside their enclosure. Stick to about 1 cm of water and change it daily. The bowl should be about the diameter of a coffee cup.

## SALAD | GREENS

### **Every Day Regardless of Age**

Refer to the next page for specific foods, but a fresh salad made up of staple greens mixed with garnish greens should be made available inside the enclosure daily.

## GUT LOADED LIVE FEEDER INSECTS

### **2-3 x Daily for Beardies 0-6 mo. old**

Baby beardies need protein and lots of it! Feed them appropriately sized live feeder insects several times daily. Let them eat as many as they want within a 10 minute window.

### **Once Daily for Beardies 6-12 mo. old**

Juvenile beardies still need lots of protein, just not multiple times a day. Stick to a daily feeding schedule, but go to once per day. Still use the 10 minute window as a guide for quantity.

### **3-5 x Week for Beardies 12-18 mo. old**

Your beardie is almost an adult! Stick with the 10 minute window and drop to 3-5 times per week.

### **3 x Week for adult Beardies**

18 months and up, go to 3 x week and instead of the 10 minute window, go to 8-15 appropriately sized feeders per feeding.

## FRUIT

### **1-2 x Week as a treat only**

Fruit is best served as the occasional treat. We prefer once a week as a maximum.

## WORMS

### **1-3 x Week as a treat or supplement**

[We wrote an entire guide to using worms to feed your bearded dragon that you can read by clicking here.](#) The short version is that most worms are good for a once in a while treat, but shouldn't serve as your primary feeder insect.

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[SEE OUR COMPLETE GUIDE TO FEEDING YOUR BEARDIE HERE!!!](#)