

Downers Grove Animal Hospital & Bird Clinic, P.C.

635 Ogden Avenue · Downers Grove, IL 60515 · (630)968-2812
www.DGAnimalHospital.com

Dietary Recommendations for Green Iguanas

Green Iguanas are herbivorous (plant eating) and, in the wild, feed almost entirely on the leaves of various vines and trees.

In captivity, Green Iguanas should be fed a mixture of vegetables and fruits, with some protein supplementation. Food should be prepared fresh daily and water should be available at all times. All plant material should be washed, chopped, mixed and served at room temperature or slightly warmer. Discard any uneaten food after a few hours. Recommended diets, ingredients, amounts, and schedules are listed below.

Recommended diet ingredients:

Calcium rich vegetables: should comprise 30-45% of diet, offer two or more items per feeding.

Examples: Turnip greens, mustard greens, beet greens, kale, collards, bok choy, Swiss chard, dandelions, parsley, romaine, escarole, spinach, and alfalfa pellets.

Other vegetables: should comprise 30-40% of diet, feed a variety weekly. Examples: Thawed frozen mixed vegetables, squash, zucchini, sweet potatoes, bell pepper, broccoli, peas, beans, okra, grated carrot, bean sprouts, and tofu.

Fruits should be no more than 15% of diet (such as figs, papaya, melon, apple, peaches, plums, strawberries, tomatoes, bananas, grapes, and kiwi).

Calcium and the fat soluble vitamins (A, D, E, and K) can be over supplemented, to the lizard's detriment, as well as under supplemented. The best way to avoid the perils of over supplementation is to feed a variety of natural sources of calcium and the fat soluble vitamins. Modest amounts of vitamin/mineral supplementation are then used to balance out the diet. If oral vitamin D supplementation is needed, choose supplements with Vitamin D3. Vitamin D3 is the form of Vitamin D used by reptiles, and this is a better source than Vitamin D2. For calcium supplementation, select powdered calcium carbonate or calcium gluconate, or cuttlebone shavings.

A full spectrum (usually cylindrical) reptile light containing UVB is needed for proper Vitamin D/Calcium metabolism. This should be changed every 6 months for optimal efficacy. It should be on during the day, and off at night.