

IGUANA DIET CARE

ITEM	Ca:P	CALCIUM CONTENT
Alfalfa Sprouts	0.5	Low
Alfalfa hay	6.1	High
Beet green	2.6	High
Bluegrass lawn	1.1	NA
Broccoli leaves	3.9	High
Broccoli, stems, florets, chopped	0.7	Low
Cabbage, common varieties, chopped	2.0	Low
Cabbage, inner white leaves	1.4	Low
Cabbage, outer green leaves	6.0	High
Chinese cabbage(Bok-choy, Pak-choi)	2.8	Low
Red cabbage, chopped	4.2	Low
Carrots, shredded	0.6	Low
Cauliflower, florets	0.6	Low
Celery stalk, chopped	1.4	Low
Swiss chard	1.4	Low
Collards, cooked from raw	7.5	Medium
Dandelion greens	2.9	Medium
Escarole/endive	1.8	Low
Kale, cooked from raw	2.6	Low
Lettuce, Iceburg, crisphead		
Whole head chopped	0.9	Low
Chopped leaf	2.7	Low
Lettuce, Romaine, chopped	0.8	Low
Mushrooms	0.06	Low
Mustard greens, cooked	1.8	Medium
Parsley, chopped	3.3	Low
Green peppers	0.2	Low
Tofu	1.1	High
Spinach	2.0	Low
Summer squash(varieties averaged)	0.7	Low
Zucchini	0.3	Low
Winter squash, baked cubes	0.7	Low
Butternut squash, baked cubes	1.5	Low
Tomatoes, chopped	0.3	Low
Turnip greens, cooked from raw	4.8	Medium
Frozen mixed vegetables, cooked	0.5	Low
Egg, raw, without shell	0.3	Low
Shrimp, raw	0.3	Low
Sardines, canned with bones	0.8	High
Ground beef, broiled	0.06	Low
Liver, beef, fried	0.05	Low
Chicken gizzards, simmered	0.06	Low

Chicken muscle	0.05	Low
Chicken(1-day old chick	1.1	High
Mice		
1-2 days old, pinky	0.9-1.0	High
7 days old, fuzzy	1.1	High
Mice, rat, chicken (adult)	1.4	High
Crickets	0.3	Low
Meal worms	0.1-0.3	Low
Earthworms	0.7	NA
Wax moth larvae	0.08	Low
Apples	0.7-1.0	Low
Oranges, peeled	2.9	Low
Bananas, peeled	0.3	Low
Figs, dried	2.1	High
Fruit Cocktail, canned	0.6	Low
Grapes	0.7	Low
Melons, flesh	0.6-0.9	Low
Raspberries	1.8	Low
Strawberries	0.7	Low
Pears	1.0	Low
Peaches	0.4	Low