



## Colorado Reptile Humane Society's Reptile Salad Recipe

Below are ingredients recommended for a nutritious and balanced reptile salad. Keep in mind that your reptile will flourish best when fed a **wide variety** of vegetables and greens. Also, note that all food must be **chopped or shredded** into fairly small pieces, as reptiles do not chew their food.

✓ **Salad Prep Hack** Use a food processor to prepare a large volume of **Hard Vegetables** all at once. Portion out in quart size or smaller freezer bags (about enough for a week's worth of salad) and freeze. Defrost one bag a week and add to **Fresh Greens!**

### Hard Vegetables (25-40% of diet):

The following are the hard vegetables we currently feed at the shelter and recommend for proper nutrition.

✓ **Note** It's fine to just use a **combination of 3 or 4 hard vegetables at a time** and rotate occasionally depending on what's available:

- Parsnips
- Raw beets
- Acorn squash
- Green beans
- Sweet potatoes
- Yellow squash
- Butternut squash

### Fresh Greens (60-75% of diet):

✓ **Fresh Greens** should **not be frozen** as it can significantly reduce the nutritional value\*

- Dandelion Greens
- Mustard Greens
- Chard
- Collard Greens
- Endive
- Cilantro
- Parsley
- Turnip Greens/Beet Greens

### Fruit: ✓ Offer only occasionally (once a week at most as a treat)

- Strawberries
- Mango
- Honey Dew Mellon
- Guava
- Blackberries
- Prickly Pear Fruit
- Blueberries
- Kiwi
- Apple
- Plum

This is just a **basic** list. As you do your own research, you will find other food options.



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