



Diet

Bearded dragons eat live insects and some plants. They must be fed in the morning so that they can digest their food all day.

Safe Greens	Live Food
watercress rocket cress grated butternut squash dandelions clover plantain leaves	crickets locusts calciworms

Signs of a healthy lizard:

- clear, bright eyes;
- thick base to its tail;
- hips will not be sticking out.

Signs of calcium deficiency:

- muscle twitching;
- swollen legs;
- fragile bones;
- deformed limbs, spine, jaw.

Sunbathing Lizard

Take your bearded dragon out into the garden on sunny, warm days. This helps them to get natural UV light from the sun. Make sure there is some shade and remember to watch them all the time.

