

What To Feed Your Tegu

Tegus are primarily meat eaters, however in the wild they eat fruits and vegetables as well. In captivity, they should eat a well-balanced meal consisting of meat, fruit, and vegetables. A varied diet is required in order for your Tegu to get a wide-range of nutrients.

Tegu diets change slightly with age, but the basics remain the same.

Hatchling - until 1st hibernation

Feed 1 or 2 x per day, as much as they want

- Ground Turkey Mix - TEGU STAPLE (see below)
- Crickets & Mealworms - dusted with Calcium/vitD3
- Pinkies - frzn/thaw, well mashed, max 2 x p/wk
- Eggs - boiled or scrambled, 1 or 2 x p/wk
- Eggs - raw, 2 x p/wk
- Fresh Fish
- Fruit & veggies sparingly

Your hatchling needs to gain weight quickly, before hibernation, so feed mostly protein. He/she should weigh around 240+ grams before hibernation.

NOTE:

Feeding amounts should be started with small portions and add more if necessary. Your Tegu will tell you when it's full. Always remember to vary the diet. Your Tegu will tell you what it prefers, but like a child, train him to eat a varied diet!

Ground Turkey Mix -

- Buy ground Turkey and ground Chicken. Divide this into 1 oz. "meatballs". Place them spaced out on a cookie sheet and then freeze. Once frozen, place all the chicken meatballs into one zippy bag and the turkey meatballs in another, and keep them in the freezer. Thaw enough of each to feed your Tegus for 2 days at a time.
- Once thawed, place equal amounts of Turkey and Chicken in a bowl, add calcium with vit D3 and a good quality herp multivitamin (read both containers to see how much per ounce), and mix well. Keep this sealed in the fridge.
- At feeding time, take half the Turkey mixture, and blend it with mashed cooked veggies and raw fruit (varying the type of veg/fruit daily) and put this in your Tegu's food bowl, in little mouth-sized balls. We then add additional fruit and veggies pieces into their dishes and feed this to our Tegus.



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