

## When to feed:

BTS Age (approximate):	How often to feed:	How much to Feed:
up to 3 months	~ Daily to every 2 days	1 to 2 teaspoons
3 to 8 months	~ Every 2 to 5 days	1 to 2 tablespoons
over 8 months	1 to 2 times per week	1 to 2 tablespoons

**Notes:** They have slow metabolisms and do not need as much food as a mammal. They will not necessarily eat the recommended amounts. If a skink is healthy and not eating or only picking out favorites, it might be overfed - a picky skink is not a hungry skink.

## What to feed:

### Greens

Greens and veggies should make up approximately 50% of the adult diet and approximately 40% of the juvenile diet.

Name:	Alternate names:	Feed:	Ca:P	Protein (%)	Fat (%)	Notes
Arugula	Rocket	Frequently	3:1	2.6	0.7	
Basil		Occasional / Treat	2.2:1	2.5	0.6	Good for flavor, can entice picky eaters to eat. Good source of vitamin K.
Beet greens		Frequently	3:1	1.8	0.1	
Bok Choy		In Moderation	2.8:1	1.5	0.2	
Chicory Greens		In Moderation	2:1	1.7	0.3	
Collard Greens	Spring greens (UK)	Frequently	14.5:1	2.5	0.4	Excellent Ca:P ratio, but member of Brassica genus so high goitrogens
Dandelion Greens		Frequently	2.8:1	2.7	0.7	
Endive, Belgian		Frequently	1.9:1	1	0.2	
Escarole	Endive	Frequently	1.9:1	2.0	1.0	
Green cabbage		Occasional	2:1	1.4	0.3	Brassica genus - high goitrogens
Kale		Occasional	2.4:1	3.3	0.7	Brassica genus - high goitrogens
Mustard Greens		Frequently	2.4:1	2.7	0.2	
Red cabbage		Occasional	1.2:1	1.4	0.3	Brassica genus - high goitrogens
Red leaf lettuce		Occasional	1:1.2	1.6	0.2	Poor nutritional value
Romaine		Occasional	1:1.3	1.6	0.2	Poor nutritional value, high vitamin A, high oxalates
Turnip Greens		Frequently	4.5:1	1.5	0.3	
Watercress		Frequently	2:1	2.3	0.1	

### Vegetables

Use a cheese grater or food processor for hard veggies like squashes and parsnip. Veggies and greens will generally not be as popular as protein or fruit, so chop finely and mix with other foods.

Name:	Alternate names:	Feed:	Ca:P	Protein (%)	Fat (%)	Notes
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Asparagus		Occasional	1:2.7	2.3	0.2	
Beets		Occasional	1:2	0.9	0.2	
Bell Peppers (green, red)	Capsicum	Occasional	1:2	0.9	0.2	
Bell Peppers (yellow)	Capsicum	Occasional	1:2.2	1.0	0.2	
Borage		Frequently	1.75:1	1.8	0.7	
Broccoli		Occasional	1:1.4	3.0	0.4	Brassica genus - high goitrogens
Brussels Sprouts		Occasional	1:1.6	3.4	0.3	Brassica genus - high goitrogens
Cactus Pad/Leaf		Frequently	2.3:1	0.8	0.5	
Cactus Pear (Prickly Pear)		Frequently	2.3:1	0.7	0.5	
Carrots		Occasional	1:1.7	0.8	0.5	
Cauliflower		Occasional	1:2	2.0	0.2	
Celery		Occasional	1.6:1	0.8	0.1	
Corn		Occasional	1:13	2.6	1.0	
Cucumber		Occasional	1:1.5	0.6	0.2	
Green Beans		Frequently	1:1	1.8	0.1	Moderate oxalates
Green Peas		In Moderation	1:4.3	5.4	0.4	
Green Peas (snap pea and pod)		In Moderation	1:1.2	2.8	0.2	
Mushrooms (white)		In Moderation	0.1:1	4.0	0.0	High in phosphorus
Okra		Occasional	1.3:1	2.0	0.1	
Onion		Never				Contains a toxin called thiosulphate.
Parsley		Occasional	2.4:1	3.0	0.8	
Parsnips		In Moderation	1:2	1.2	0.3	
Potato, sweet		Occasional	1:1.3	1.7	0.3	
Pumpkin		Occasional	1:2	1.0	0.1	
Radicchio		Occasional	1:2	1.4	0.3	
Radish		Occasional	1:1	0.6	0.5	
Rhubarb		Never				Toxic
Rutabaga		Occasional	1:1.2	1.2	0.2	
Squash, Acorn		Frequently	1:1	0.8	0.1	
Squash, Butternut/Winter	Butternut pumpkin	Frequently	1.5:1	1.0	0.1	
Squash, Hubbard		Frequently	1:1.5	2.0	0.5	
Squash, Scallop		Frequently	1:2	1.2	0.2	
Squash, Spaghetti		Frequently	2:1	0.6	0.6	
Squash, Summer		Frequently	1:1.8	1.2	0.2	
Tomatoes		Occasional	1:5	0.9	0.3	
Turnip		Occasional	1:1	0.9	0.1	
Yams		In Moderation	1:3.2	1.5	0.2	
Yucca root		Occasional	1:1.7	1.4	0.3	
Zucchini		Occasional	1:4.4	2.7	0.4	

## Fruits

Fruit should be a treat (even healthy fruits!) and not more than 10% of the diet. Fruit is generally high in phosphorus.

Name:	Alternate names:	Feed:	Ca:P	Protein (%)	Fat (%)	Notes
Apple		Occasional / Treat	1:1.8	0.2	0.3	
Apricot		Occasional / Treat	1:1.4	1.4	0.4	
Avocado		Never				Contains a toxin called persin.
Bananas		Occasional / Treat	1:3.3	1.0	0.5	
Blackberries		Occasional / Treat	1.5:1	0.7	0.4	
Blueberries		Occasional / Treat	1:1.6	0.7	0.4	
Cantaloupe		Occasional / Treat	1:1.5	0.9	0.3	
Cherries		Occasional / Treat	1:1.6	1.1	0.2	
Cranberries		Occasional / Treat	1:1.3	0.4	0.2	
Fig		In Moderation / Treat	2.5:1	0.8	0.3	
Grapes		Occasional / Treat	1.4:1	0.6	0.4	Moderate oxalates
Guava		Occasional / Treat	1:1.3	0.8	0.6	
Honeydew		Occasional / Treat	1:1.7	0.5	0.1	
Kiwi		Occasional / Treat	1:1.5	1.0	0.4	
Mango		In Moderation / Treat	1:1	0.5	0.3	Moderate oxalates, high vitamin A
Nectarines		Occasional / Treat	1:3	0.9	0.5	
Papaya		In Moderation / Treat	5:1	0.6	0.1	High vitamin C - good treat food
Peaches		Occasional / Treat	1:2.4	0.7	0.1	
Pear		Occasional / Treat	1:1	0.4	0.4	
Pineapple		Occasional / Treat	1:1	0.4	0.4	
Plums		Occasional / Treat	1:2.5	0.8	0.6	
Pomegranate		Occasional / Treat	1:2.7	1.0	0.3	Moderate oxalates
Raspberries		In Moderation / Treat	1:1.2	0.9	0.6	Moderate oxalates
Star fruit		Occasional / Treat	1:4	0.5	0.4	High oxalates
Strawberries		Occasional / Treat	1:1.4	0.6	0.4	Moderate oxalates, high vitamin C
Watermelon		Occasional / Treat	1:1	0.6	0.4	

## Meat / Protein

Protein should be approximately 40% of the adult diet and 50% or more of the juvenile diet.

Name:	Alternate names:	Feed:	Ca:P	Protein (%)	Fat (%)	Notes
Butterworms		In Moderation		16.2	5.2	High in calcium, but cannot find reliable phosphorus information. May be too small for adult BTS.
Beef - lean, ground		In Moderation				
Cat food (canned)		Occasional				See specific brand's website for nutritional information and ingredients. Taurine present in cat food may not be ideal for BTS.

Chicken - breast (cooked)		In Moderation				Typically boiled.
Chicken - liver / heart (cooked)		In Moderation				Typically boiled.
Cockroach	Discoïd, Dubias	Frequently				Good feeder. Gutload properly. Subadult have less chitin.
Crickets		Occasional				Poor nutritional value, may carry pinworms. Better live feeders are available but crickets can provide a stimulating chase.
Dog food (canned)		Frequently				See specific brand's website for nutritional information and ingredients. Many people use this as a staple protein source.
Earthworm	Nightcrawler, Dew worm	Frequently		11.7	1.5	Good feeder. Ones sold for bait may have chemicals added to prolong their life, cannot find Ca:P information.
Egg		In Moderation	1:3.4	12.6	10.6	Can be fed raw, boiled etc.
Horn worm	Tomato worm	Frequently				
Mealworm		Occasional	1:25	20.3	12.7	
Pinky mouse		Occasional	1:1			High in fat. Pinkies have not developed bones yet, so low Ca.
Phoenix worm		In Moderation	1.5:1	17.3	9.4	May be too small for adult BTS
Silkworm		Frequently	1:3	54.7	43.0	Great feeder.
Snails		Frequently				Great feeder. Wild snails can carry parasites or may have been exposed to toxins. Be sure to detox before feeding.
Superworms		In Moderation	1:18	17.4	17.9	
Waxworms		In Moderation	1:7	15.5	22.2	