

Nutrient Data for Common Feeder Insects

Black Soldier Fly Larvae *Hermetia illucens*

Ca:P - 2.6:1
Protein - 17%
Moisture - 64%
Fat - 11%



Dubia Roaches *Blaptica dubia*

Ca:P - 1:3
Protein - 23%
Moisture - 65%
Fat - 7%



Mealworms *Tenebrio molitor*

Ca:P - 1:7
Protein - 19%
Moisture - 65%
Fat - 9%



Silkworms *Bombyx mori*

Ca:P - 1:2.4
Protein - 13%
Moisture - 79%
Fat - 2%



Waxworms *Achroia grisella*

Ca:P - 1:7
Protein - 14%
Moisture - 62%
Fat - 18%



Crickets *Acheta domesticus*

Ca:P - 1:9
Protein - 15%
Moisture - 77%
Fat - 3%



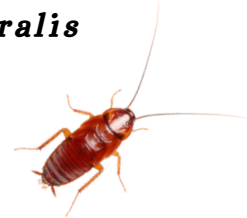
Hornworms *Manduca sexta*

Ca:P - 1:3
Protein - 9%
Moisture - 85%
Fat - 3%



Red Runner Roaches *Blatta lateralis*

Ca:P - 1:5
Protein - 18%
Moisture - 71%
Fat - 6%



Superworms *Zophobas morio*

Ca:P - 1:18
Protein - 19%
Moisture - 60%
Fat - 16%



Sources

- Dubia roach benefits: 20 (excellent) reasons to try them. Dubia Roach Depot. (2019, May 6), from <https://dubiaroachdepot.com/guidance/20-dubia-roach-benefits#the-reasons>
- Dubia roaches vs common feeder insects. Dubia.com. (2020, December 1), from <https://dubiaroaches.com/blogs/feeder-insects/dubia-roaches-vs-common-feeder-insects>
- Feeder Insect Nutrition Facts for Reptile Keepers. ReptiFiles®, LLC. (2022, January 17), from <https://reptifiles.com/feeder-insect-nutrition-facts-chart/>
- Feeder Insects. Moonvalleyreptiles.com from <http://www.moonvalleyreptiles.com/crested-geckos/diet-nutrition/feeder-insects>
- Nutrients of Foods Commonly Fed to Carnivorous and Omnivorous Reptiles. Nutrients of foods commonly fed to carnivorous and omnivorous reptiles. (1995), from <http://www.anapsid.org/resources/preynutrients.html>



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resource was created by
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