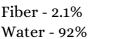
# Nutrient Data for Common Staple Greens

# Arugula

Ca:P - 3:1 Protein - 2.6% Fat - 0.7%



# % %

# **Dandelion Greens**

Ca:P - 2.8:1 Protein - 2.7% Fat - 0.7% Fiber - 3.5% Water - 86%



#### Escarole

Ca:P - 1.9:1 Protein - 1.15% Fat - 0.18% Fiber - 2.8%





# Swiss Chard

Ca:P - 1:1 Protein - 1.8% Fat - 0.2% Fiber - 1.6% Water - 93%



#### Collard Greens

Ca:P - 14.5:1 Protein - 2.5% Fat - 0.4% Fiber - 3.6% Water - 91%



# Endive

Ca:P - 1.9:1 Protein - 1.3% Fat - 0.2% Fiber - 3.1%

Water - 94%



# Mustard Greens

Ca:P - 2.4:1 Protein - 2.7% Fat - 0.2% Fiber - 3.3%

Water - 91%



# Turnip Greens

Ca:P - 4.5:1 Protein - 1.5% Fat - 0.3% Fiber - 3.2% Water - 93%



# Sources

- Bearded nutritional data. Bearded Dragon Nutrition Data, from http://www.thebeardeddragon.org/bearded-dragon-nutrition-data.php
- 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
- Nutrition Content. Beautiful Dragons, from http://www.beautifuldragons.com/Nutrition.html
- U.S. Food and Drug Administration. (2018). Information from the Center for Food Safety and Applied Nutrition. Center for Food Safety and Applied Nutrition, from https://www.fda.gov/food
- United States Department of Agriculture. (2019). FoodData Central. FoodData Central, from https://fdc.nal.usda.gov/



This educational resource was created by Badgerland Reptile Rescue.



www.badgerlandrescue.org



info@badgerlandrescue.org



Badgerland Reptile Rescue