



## Mediterranean Feeding Guide

# 85% of Diet or even more if you possibly can...

## Weeds

Dandelion, Clover, Sowthistle, Plantain, Bindweed, Nipplwort, Bittercress, Vetch, Mallow, Hawkbits, Trefoils.

Picked away from car fumes, pesticides, dog mess/wee.

To view pictures of the weeds you can feed visit:-

[www.tlady.clara.net](http://www.tlady.clara.net)

Buy our Seed Mix and grow your own food for your tortoise in pots, inside or outside. Just £3 a packet.

Click on 'Tortoises', then 'edible weeds'. Click on each of the Latin names in blue type to view a picture and print them if you wish.

## Plants from the garden

Sedums

Grapevine leaves

Mulberry

Mile a minute plant (Russian Vine)

Honeysuckle flowers

Geranium, leaves & flowers

Fushia, leaves & flowers

Rose Petals, not leaves

Hibiscus Rose of Sharon, flowers

Opuntia cactus - whole pads. Spineless variety or spines plucked off.

Suggestion: Make smaller piles of food in different places to encourage exercise and make life a little more interesting.

Another fantastic website is:-

[www.thetortoisetable.org.uk](http://www.thetortoisetable.org.uk)

The site truly is the best with a traffic light system where green against an item means safe to feed, amber means in moderation and red means do not feed.

## 15% of Diet

Selected salad items - Watercress, Rocket, Lambs Lettuce, Cress, Peppers

There is a salad bag called Florette Crispy which has purple radicchio in it, which most tortoises really enjoy.

## Treat only

Lettuce – Romaine or Cos if possible, iceberg very last resort

Tomato without seeds

Cucumber

Lettuce, Tomato and cucumber have no nutritional value – they are nearly all water!

## **Treat only** continued

Grated carrot or swede,  
Courgette - raw, sliced  
Squash – parboiled and sliced or just grated raw  
Pumpkin – Cut away seed area. Serve in wedges with rind on or thin slithers of just flesh

Fruit can be offered as a treat on very rare occasions. Regular fruit can cause loose stools and disrupt the gut flora, and gives any worm eggs a nice sugary environment to reproduce in. Tortoises at the HTS sanctuary are never fed fruit.

## **Supplements**

For tortoises under 3 years, treat every meal with Nutrobal (calcium, vitamins and minerals). If you do not supply your baby tortoise with enough calcium it will develop Metabolic Bone Disorder. If you have difficulty in getting hold of some, give us a call and we can post it out to you.

We recommend continuation of supplements for the whole of a tortoise's life in captivity. Some people do reduce the amount of meals they supplement as their tortoise gets older but we recommend you do not drop below using it 3 days a week.

You can also change to limestone flour (pure calcium) when your tortoise is adult. Egg laying females require extra calcium to produce their eggs.

Always leave a piece of cuttlefish out for nibbling on. It may take some time for it to become 'weathered' before your tortoise is interested in it. Another option is natural chalk.

## **NEVER FEED**

Peas, Beans (Broad, French etc), Spinach, Egg, Cheese or Dog/Cat food, or canned veg because of the salt.

## **PLANTS THAT CAN POISON**

Bulbs, daffodil & tulip etc  
Delphinium  
Foxglove  
Holly, leaves & berries  
Hydrangea  
Ivy  
Jasmine

Larkspur  
Laurels  
Lily of the Valley  
Lobelia  
Lupin  
Mistletoe  
Peony

Periwinkle  
Poppy  
Ranunculus  
Rhododendron  
Snap Dragon  
Sweetpea  
Wisteria

There is no need to go wrecking the garden and pulling everything out. Tortoises are intelligent and usually will not touch these plants. Just be careful and keep an eye out. If necessary, fence the plant off. Many tortoise owners grow daffs and tulips and their tortoises have never ever touched them.

Do not feed indoor plants such as Amaryllis, Jasmine, Poinsettia.