

## HERBIVORE DIET SHEET



Suitable for tortoises needing a herbivore diet without sweet fruit-Hermann, Russian, Pancake Egyptian

**Please note-Omnivorous species can be given these foods plus their extra protein foods**

Cactus pads/Opuntia	Parsley	Marigold/Calendula
Endive	Dandelion leaves, flowers	Sea holly
Chicory	Clover-all types	Hens and Chicks
Radicchio	Plantain weed leaves	Coleus
Water cress	Portulaca leaves, blooms	Zinnia
Grape leaves	Sow thistle	Spider plant
Lettuces (dark leafy green)	Malva/mallow leaves, blooms	African violet
Red leaf lettuce	Millet	Bee Balm
Spring mix	Lilac flowers and leaves	Hollyhocks
Kale	Chia	Snap dragon
Choi -all varieties	Pansy/Viola leaves, blooms	Boston Fern
Squashes pumpkins of all varieties	Rose petals and leaves	Campanula
(cooked, raw, grated) plus flowers	Hibiscus	hardy geranium
Carrots	Echeveria	Grasses
Zucchini	Beet greens	
Turnip greens and flesh	Sedum	