

Dewsbury CRAFTS cc

Note that the following is only a guideline and not a set rule. We will accept no responsibility for any illness' that may arise

Food	Protein: weight	Calcium: Weight	Vitamin A (ug)	Vitamin C (mg)	Calories	Comments	Feeding Regularity
Apple	0.200%	0.000107	19.62	3.50	81.00	Very Low Protein - "Large" amounts in supplementary Diet	Fine for weekly diet
Apricots	1.250%	Still to be evaluated			51.00	Limited Quantities	Occasional - Once per month
Lettuce, butterhead	0.208%	Still to be evaluated			5.00	Not recommended, Causes Stomach complications	Rare
Lettuce, loose-leaf	0.292%	Still to be evaluated			10.00	Not recommended, Causes Stomach complications	Rare
Lettuce, romaine	0.375%	Still to be evaluated			9.00	Not recommended, Causes Stomach complications	Rare
Lettuce, iceberg	0.583%	0.0069%	19.62	2.38	18.00	Not recommended	Rare
Pineapple	0.250%	0.0068%	19.62	20.82	76.00	Very Low Protein - "Medium to low" amounts in supplementary Diet	Fine for weekly diet
Watercress	0.333%	#VALUE!			2.00	Very Low Protein - "Medium" amounts in supplementary Diet	Fine for weekly diet
Strawberries	0.375%	0.0068%	19.62	83.30	45.00	Very Low Protein - "Large" amounts in supplementary Diet	Fine for weekly diet
Pear	0.389%	0.0090%	19.62	5.95	98.00	Very Low Protein - "Large" amounts in supplementary Diet	Fine for weekly diet
Celery	0.417%	0.0268%	19.62	2.37	10.00	Low Protein - "Medium" amounts in supplementary Diet	Fine for weekly diet
Watermelon	0.417%	0.0068%	78.48	14.87	51.00	"Low" amounts in supplementary Diet	Fine for weekly diet
Litchis	0.457%	0.0092%	19.62	57.70	63.00	"Low" amounts in supplementary Diet	Fine for weekly diet
Grapes, European	0.458%	0.0067%	39.24	3.56	114.00	Low Protein - "Medium" amounts in supplementary Diet	Fine for weekly diet
Raspberries	0.458%	Still to be evaluated			60.00	Very Low Protein - "Medium" amounts in supplementary Diet	Quantity to be determined
Guava	0.467%	Still to be evaluated			46.00	Very Low Protein - "Medium" amounts in supplementary Diet	Quantity to be determined
Turnips	0.500%	0.1208%	19.60	9.52	14.00	Low Protein - "Medium-low" amounts in supplementary Diet	Fine for bi-weekly diet
Cucumber	0.533%	0.0107%	39.24	3.56	20.00	Low Protein - "Medium-low" amounts in supplementary Diet	Fine for bi-weekly diet
Cabbage, common	0.583%	0.0268%	19.62	41.62	16.00	Not recommended	Rare

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Jerusalem artichokes	1.250%	0.0403%	19.62	10.10	57.00	Still to be evaluated if they will eat it	Unsure
Mushrooms	1.417%	0.0133%	19.62	1.19	21.00	Limited Quantities	Occasional - Once per month
Swiss chard	1.417%	Still to be evaluated			18.00	Limited Quantities	Occasional - Once per month
Banana	1.000%	0.0134%	19.62	8.92	105.00	Limited Quantities	Occasional - Once per month
Chives	1.000%	Still to be evaluated			1.00	Still to be evaluated if they will eat it	Unsure
Kiwifruit	1.067%	0.0453%	19.62	136.80	46.00	Limited Quantities	Occasional - Once per month
Pumpkin, canned	1.083%	0.0135%	4414.00	12.49	41.00	Limited Quantities	Occasional - Once per month
Apricots	1.250%	Still to be evaluated			51.00	Limited Quantities	Occasional - Once per month
Jerusalem artichokes	1.250%	0.0403%	19.62	10.10	57.00	Still to be evaluated if they will eat it	Unsure
Mushrooms	1.417%	0.0133%	19.62	1.19	21.00	Limited Quantities	Occasional - Once per month
Swiss chard	1.417%	Still to be evaluated			18.00	Limited Quantities	Occasional - Once per month
Brussels sprouts	1.667%	0.0335%	68.67	61.25	30.00	Limited Quantities when fed	Occasional - Once per month or two
Cauliflower	1.833%	0.0268%	19.62	2.37	13.00	Limited Quantities when fed	Occasional - Once per month or two
Asparagus	1.917%	0.0134%	98.10	5.94	23.00	Still to be evaluated if they will eat it	Unsure
Broccoli	1.917%	0.0403%	98.10	142.70	22.00	Limited Quantities when fed	Occasional - Once per month or two
Corn, sweet yellow	2.167%	Still to be evaluated			83.00	Not recommended	Rare
Edible-podded peas	2.167%	Still to be evaluated			34.00	Not recommended	Rare

Garden cress	0.583%	Still to be evaluated			8.00	Not recommended	Rare
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Food	Protein: weight	Calcium: Weight	Vitamin A (ug)	Vitamin C (mg)	Calories	Comments	Feeding Regularity
Parsley	0.583%	Still to be evaluated			10.00	Low Protein - "Medium-low" amounts in supplementary Diet	Fine for bi-weekly diet
Cabbage, red	0.667%	Still to be evaluated			16.00	Not recommended	Rare
Greens, turnip	0.667%	0.1208%	0.00	9.51	14.00	Medium Protein - "Low" amounts in supplementary Diet	Fine for bi-weekly diet
Squash, crookneck, or straightneck	0.667%	0.0135%	39.24	14.87	18.00	Medium Protein - "Low" amounts in supplementary Diet	Fine for bi-weekly diet
Greens, collard	0.750%	Still to be evaluated			17.00	Medium Protein - "Low" amounts in supplementary Diet	Fine for bi-weekly diet
Squash, butternut	0.750%	Still to be evaluated			41.00	Medium Protein - "Low" amounts in supplementary Diet	Fine for bi-weekly diet
Prickly Pear	0.762%	Still to be evaluated			42.00	Medium Protein - "Low" amounts in supplementary Diet	Fine for bi-weekly diet
Blackberries	0.833%	Still to be evaluated			75.00	Still to be evaluated if they will eat it	Unsure
Blueberries	0.833%	Still to be evaluated			81.00	Still to be evaluated if they will eat it	Unsure
Greens, dandelion	0.833%	Still to be evaluated			17.00	Limited Quantities, high quantities after brumation	Occasional - twice per month
Parsnips	0.833%	0.0335%	19.62	13.09	63.00	Limited Quantities	Occasional - twice per month
Kumquats	0.857%	Still to be evaluated			60.00	Limited Quantities	Occasional - twice per month
Tomato	0.917%	0.0135%	196.20	23.80	26.00	Limited Quantities	Occasional - twice per month
Carrot	0.933%	0.0215%	3237.00	4.75	31.00	Medium-high Protein but high in calcium- "Low" amounts in supplementary Diet	Fine for weekly diet
Banana	1.000%	0.0134%	19.62	8.92	105.00	Limited Quantities	Occasional - Once per month
Chives	1.000%	Still to be evaluated			1.00	Still to be evaluated if they will eat it	Unsure

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Spinach	2.250%	Still to be evaluated			21.00	Limited Quantities when fed, can be used if recommended by vet	Occasional - Once per month or two
Prunes	2.444%	Still to be evaluated			100.00	Not recommended	Rare
Squash, Hubbard	2.500%	Still to be evaluated			51.00	Not recommended	Rare
Green peas	3.583%	Still to be evaluated			67.00	Not recommended	Rare
French beans	5.083%	Still to be evaluated			111.00	Not recommended	Rare
Broadbeans	5.417%	Still to be evaluated			94.00	Not recommended	Rare
Kidney beans	6.333%	Still to be evaluated			112.00	Not recommended	Rare
White bread, soft crumb	7.333%	Still to be evaluated			68.00	Not recommended	Rare
Lentils	7.417%	Still to be evaluated			115.00	Not recommended	Rare
Brazil nuts	13.667%	Still to be evaluated			186.00	Not recommended	Rare
Cashew nuts	14.667%	Still to be evaluated			163.00	Not recommended	Rare
Almonds	19.000%	Still to be evaluated			167.00	Not recommended	Rare
Peanuts	22.000%	Still to be evaluated			164.00	Not recommended	Rare
Alfalfa sprouts		Still to be evaluated			5.00	Limited Quantities when fed, can be used if recommended by vet	Occasional - Once per month or two

Avocado	Do not feed, Poisonous - Never allow tortoises Access to these plants
Potato	Do not feed, Poisonous - Never allow tortoises Access to these plants
Rhubarb	Do not feed, Poisonous - Never allow tortoises Access to these plants