



MEDITERRANEAN TORTOISE DIET SHEET

In the wild, tortoises will predominantly feed on weeds. In captivity, weeds should therefore make up the majority (>70%) of the diet, with a mix of vegetables and salad being offered if these are not available. Diets should always be supplemented with appropriate vitamin and mineral supplementation as advised by your vet.

MAIN DIETARY ITEMS

Dandelion	Hawkweed
Timothy Hay	Chickweed
Lawn Grass (Not Clippings)	Dock leaves
Clover	Plantain (all varieties)
Sow thistle	Bindweed
Milk Thistle	Groundsel
Honeysuckle	Parsley
Sedum	Sage
Grapevine	Coriander
Hawkbits	Watercress

FINE IN MODERATION

Spring greens	Carrot Tops
Lettuce (all varieties)	Hibiscus
Broccoli	Nasturtium
Cauliflower	Rocket
Cabbage	Pumpkin
Green Beans	Peas
Mange Tout	Spinach
Brussel Sprouts	

SPECIAL TREATS ONLY

Tomato	Strawberry
Cucumber	Parsnips
Apple	Sweet Peppers
Pear	Grape