



# CHAMELEON FOOD BASICS

## GOLDEN RULES

The captive food should resemble the

### NATURAL

food in the wild in size, type, volume, number and nutritional value.

**QUALITY**  
to nourish well

**LESS FOOD**  
to prevent obesity

**MANY SMALLER**  
feeders not big ones

Quality

**ALWAYS FEED**  
live, fresh, well nourished.

**NEVER FEED**  
toxic, hard, spiky, dead, artificial.

Size

**IDEALLY**  
less than head-width at orbits.

**NEVER**  
longer than jaws.

**GUTLOAD**  
with pollen

**DUST**  
with supplements

**SAFE,**  
no risk

Accidentally or intentionally swallowed substances

Chameleon menu

CALCIUM DUST



BEE POLEN



PLANT MATTER



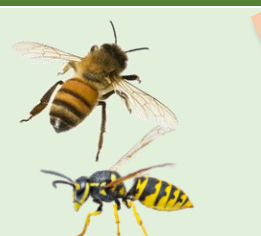
STAPLE FOOD

CONDITIONAL FOOD

TREAT

DESIRED FOOD

**NEVER FEED**



Crickets  
(Banana-, Two-Spotted-, House-)  
Flies  
(BSF, Green Bottle-, House-, Flesh-, Fruit-)

Locust nymphs  
(Desert-, Migratory-)  
Cockroaches nymphs  
(Dubia-, Speckled-, Turkestan-, Green Banana-, Hissing)

Silkworms, Hornworms,  
Waxworms, Flour-Worms,  
Phasmids, Praying mantis,  
Isopods, Land Snails,  
Small Lizards, Mice Pinkies

Honeybees  
Wasps  
"Field or Meadow Plankton"  
"Light Trap" Plankton

Mealworms, Superworms,  
Butterworms  
Any toxic, spiky, hard, doubtful,  
illegal items  
Any fruits or vegetables

