

Pet Turtle Diet & Feeding Chart

Turtles are omnivorous, meaning they eat both plants and meat. Aquatic turtles can eat a variety of foods, though they can survive on a diet of commercial turtle pellets and frozen or dried fish food.



Red Eared Slider



Painted Turtle



Map Turtle



Softshell turtle

Vegetables

(50%)

Bok choy Dandelion leaves Kale
Sweet potatoes Carrots Squash

(Under a year : 50%
Over a year : 80%)

Escarole Kale Anacharis
Red leaf lettuce

Kale Bananas Squash
Eelgrass Hyacinths

Azolla Romaine lettuce Lettuce
Algae

Protein

(25%)

Earthworms Silkworms Waxworms
Crickets Bloodworms Shrimps

(Under a year : 50%
Over a year : 20%)

Worms Crickets Snails
Livebearing fish

Krill Mealworms Snails
Fly larvae Green crabs Crickets

The diet schedule of your softshell turtle will change after six months.

Insect larvae Bloodworms Mealworms
Waxworms Crickets Snails

Commercial Food

(25%)

Zoo Med Natural Maintenance Formula Tetra Reptomin Floating Food Zoo Med Turtle Bone
Fluker's Medley Treat Mazuri Aquatic Turtle Diet Zilla Turtle Chasers

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Multivitamin

Choose a reptile multivitamin that is rich in vitamin D3 and calcium.

- It is necessary to use calcium supplements in turtle food.
- You can sprinkle calcium on their food or simply you can put cuttlefish bone to eat whenever they want.
- Try to give them turtle multivitamin twice a week.

- Cuttlebones or calcium pellets can be a great source of calcium, and also map turtles enjoy having them.
- Vitamin D3 is another significant element for a map turtle. Without adequate Vitamin D3, the pet may suffer from different physical conditions.

Sprinkle vitamin D3 and calcium supplement on each meal. You can also offer the softshell turtles cuttlebone occasionally

MUST AVOID



- Poisonous food
- Chemical induced food