

# Natural, fresh, varied tortoise diets

## *Making it easy*

Humans are creatures of habit and it's easy to get into a rut of feeding your tortoise the same thing(s). This is not only boring for the tortoise but it's harmful for continued healthy development. Follow the instructions below to ensure a fresh varied diet is being offered.

### Step 1:

Identify the species of tortoise you are feeding

- Guessing or matching an image on the Internet is not adequate
- Consult a professional source for a correct answer



### Step 2:

Make a list of the food categories and percentage of each group for your species of tortoise (master list)

- Some species will list five categories, some one, some three, it varies for each species you are feeding

### Step 3:

List items for each category

- Consult reputable sources for extensive lists (the reading list and resources tab on [northwesttortoise.org](http://northwesttortoise.org) has links to reputable lists)
- Lists might include 10 - 30 items in each category, list them all

### Step 4:

Purchase 1-3 items from each category

- Create and write down a two-week menu
- Cross or check off those items from the master list
- Mix and match items during the two following weeks

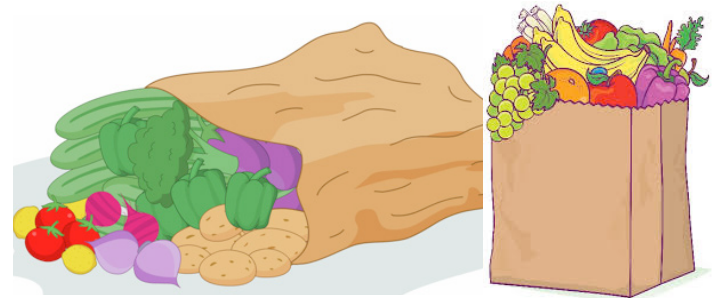
### Step 5:

Repeat the process

- Purchase another 1-3 different items from each category
- Create and write down a two-week menu
- Cross or check off those items from the master list
- Mix and match items during the two following weeks

### Maintenance:

- Follow the process every two weeks
- Continue down the list(s)
- Put the list somewhere where you will consult it without fail



A natural, fresh, varied tortoise diet is one of the vital aspects of keeping a healthy, happy tortoise.

The process may seem difficult at first, stick with it, after a couple weeks you'll be a pro! And your tortoise will thank you!