



Eastern Box Turtle Feeding Tips

Diet is one of the most crucial factors in maintaining a healthy box turtle. They are omnivores, and they need a balanced diet of protein (meat), fruits and vegetables.

In the wild, Eastern box turtles' diets can include a wide variety of food sources such as flowers, roots, fungi, berries, snails, slugs, insects, fish, and frogs. In captivity, box turtles should be offered 50% protein, 20% fruits, and 30% vegetables to meet their nutritional needs.

Food Suggestions: (be sure to vary these from week to week)

Protein: boiled eggs, crickets, chopped chicken, grasshoppers, grubs, insects, shrimp, slugs, snails with shells, tuna, and worms

Fruits: apples, bananas, blueberries, cantaloupe, grapes, kiwi, peaches, plums, strawberries, and watermelon

Vegetables: broccoli, carrots, collard greens, dandelions, green beans, kale, mushrooms, okra, parsley, peas, spinach, squash, sweet potatoes, and tomatoes

Feeding Tips

1. Feed the turtles in early morning or in the late afternoon.
2. Provide their food on long, flat "feeding rocks" to help keep the "live" food from escaping and to keep the fruits and vegetables off of the ground so that clean up later will be easier.
3. Place each turtle on its separate "feeding rock" when new food is provided to reduce competition over food and to make sure that both turtles are eating.
4. Turtles are attracted to the movement of "live" food such as mealworms, worms, grubs, slugs, snails, or crickets, so try to include live food at least once a week.
5. Remove and replace the old food within 48 hours, and clean the "feeding rocks" with dish soap, a scrub-brush, and water before placing fresh food on the rocks.
6. Do NOT provide rhubarb, white potatoes, any milk products (cheese, yogurt, etc.), candy, chocolates, breads, refined sugars or flours, or other processed foods.
7. You can provide supplements by sprinkling Calcium powder with no Phosphorus on some of their food or by providing up to 20% of their diet with commercial foods like MAZURI Tortoise Diet food or cat/dog food that is low in fat and high in protein.

Questions/Problems: Contact the Alabama Wildlife Federation at oc@alabamawildlife.org.