



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 **Do not use store-bought red worms, they can be toxic. Use worms from your garden/ vermicompost or store-bought nightcrawlers. Do not use canned meats as they are high in sodium. Up to three feedings per week can include a high-protein commercial food called [MAZURI Tortoise Diet](#).



Fruits: tomatoes and berries

Greens: "spring mix" greens, collard or mustard greens, dandelion, parsley. Spinach and kale should be limited as too much of it can hinder calcium absorption. Romaine is not nutritional.

Vegetables: squash, mushrooms, sweet bell peppers, broccoli, softened sweet potato carrots

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. Dust food with [Fluker's Repta Calcium supplement](#) three times per week. Once every two weeks, substitute one of those Fluker's offerings with a sprinkling of [Repashy Calcium Plus](#) (it has a healthy dose of Vitamin A).



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