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LIST OF LIVING FOOD, THEIR DEMUSTIFIED NUTRIENT CONTENT

SPECIES	HYDRATION RATE (%)	CALORIES FROM PROTEIN (%)	CALORIE FROM FAT (%)
<i>Silkworm</i>	83	75	25
<i>Goliath worm</i>	85	75	25
<i>Waxed worm</i>	58	20	80
<i>Flour worm</i>	62	38	62
<i>Superworm</i>	58	33	67
<i>Earthworm</i>	84	73	13
<i>Crickets</i>	69	57	43
<i>Fruit flies</i>	74	76	24

Flour worm: Flourworms are small brown worms about 1 cm long. They are poor in nutritional value and offer very little interaction for your reptile. However, they are an excellent alternative for troubleshooting and can be offered in terms of power diversity.

SUPERWORM: Superworms are poor in nutritional value however they can offer a good entertainment to your lizard if the latter is a hunter. Given his rather rigid body, it must be given in moderation because it is difficult to digest.

SILKWORM: It is a juicy worm, soft and easy to digest. It is very rich in protein and can easily replace 6 to 7 crickets. It is very appetizing and moves slowly which will make life easier for your reptile. It is not noisy and odorless.

BUTTER WRESTLE: Butterworms have a soft, orange body which is very attractive to your reptiles. It also has a fruity smell that will try the hardest of them! It is the worm with the highest calcium level. It can be stored for a long time in the refrigerator.

VER GOLIATH: The goliath worm is the monster of all worms !!! With its bluish green color, your reptile can not remain inactive in front of this worm. It can easily replace 25-30 crickets, 3 large silkworms or 2 small mice in nutrient supply. Just make sure that the size fits your reptile. It is suggested to give them to larger reptiles.

TOWARDS EARTH: It is very nutritious in protein and has a soft body which makes it an easy worm to digest. On the other hand, it tolerates heat very badly so it is better to keep it in the refrigerator.

FILLERS (CRIQUETS) pinehead, 1/4, 1/2, 3/4: Their nutritional value is rather poor. they are nauseating and noisy. They make an excellent alternative to the diversity of food. The more hunters of your reptiles will be more than happy because they will have to run behind them in their vivarium / terrarium and look for them because the crickets are hiding.