

Ultimate Turtle Feeding Chart & Care Guide

This guide provides daily feeding amounts, schedules, and food types for different turtle life stages.

Age Group	Food Type	Portion Size	Frequency
Baby (0-1 yr)	Protein (worms, pellets)	Head size portion	1-2 times daily
Juvenile (1-3 yr)	Mixed diet	Head size portion	Once daily
Adult (3+ yr)	Plants + pellets	Head size portion	Every 2-3 days

Tips:

- Feed turtles in water for proper swallowing.
- Avoid overfeeding.
- Provide calcium regularly.