

BEST FEEDER INSECTS FOR PET REPTILES & FROGS ONLINE

Live feeder insects are an essential and nutritious food for bearded dragons, geckos, water dragons, green tree frogs and forest dragons. There are many different varieties of live reptile food in Australia including crickets, mealworms, woodies, super worms and Black Soldier Fly Larvae.

Which are the best feeder insects for my bearded dragon, lizard or frog?

Pet frogs and lizards will often choose their own “best feeder insects” based on their individual preferred taste - much to the frustration of their owners! A friend of mine breeds Australian Geckos and they will only eat crickets, where as his Boyd's Forest Dragons will eat crickets and calciworms. However, neither of them will eat woodies!



After individual taste, the most important factors that should be considered when choosing your pet's live reptile food are nutritional variables include Protein, Fat, Fibre and Calcium to Phosphorus ratio. Moisture and fibre are also important but can generally be primarily provided through other food in your pet's diet such as greens.

Depending on your economic situation, the overall cost of feeding your reptile is normally another important factor.

Vital Nutrients for your Reptile or Frog



How Much Water Do Reptiles Need?

Water is critical to sustainability of life for your pet lizard or frog. Insectivores reptiles and amphibians that get their moisture predominantly from their live insect food can benefit from high moisture content insects. Fortunately, all live feeder insects in Australia are relatively high in moisture.



How Much Protein Do Reptiles Need?

Protein in reptile food is important for building and maintaining your pet's body tissue including muscles, skin and blood. It assists the body to function correctly and provides energy. Insects that are high in protein are optimum in helping sick and breeding reptiles and amphibians to recover. Insectivorous lizards and frogs should preferably be fed a mix of different types of live insects so that they can get all their required nutrients.



Are High Fat Insects Bad for Reptiles?

Reptiles require fats in their diet to function normally and remain healthy. However, just like us, excess fat can lead to reptile and frog obesity which will cause serious health issues. Reptiles that are largely dormant should consume lower fat levels than those that are extremely active. Therefore, higher fat live insects such as mealworms should only be fed as treats to reptiles. This is less of an issue for insectivorous birds and fish, which can regularly be fed mealworms.



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What is the ideal Calcium to Phosphorus Ratio for Reptiles?

Herpetologist scientists have proven that reptiles require an ideal calcium to phosphorus mineral ratio of around two parts calcium to one part phosphorous or 2:1. If calcium is not present at the right levels then your pet will leach calcium from its bones, muscles and blood leading to serious issues such as Metabolic Bone Disease which is a common cause of death for pet reptiles and frogs. Apart from the calcium rich Black Soldier Fly Larvae, other live feeder insects have calcium levels much lower than required. Therefore, dusting of calcium supplement powder and gut-loading of insects is required for all other live feeder insects before feeding to your pet. Don't forget that calcium will only be taken up by your pet when your reptile is exposed to enough UVB light so it is critical that UVB bulbs are always available for lizards and frogs that aren't regularly exposed to sunlight outside (i.e. not through glass).



Can You Give a Reptile Too Much Calcium?

Excess calcium will not be taken up by your pet's body and will be excreted. There are some suggestions that excessive calcium levels can cause constipation so this is an area to keep an eye on.

Comparative Costs of Live Bugs For Reptiles

Buying live bugs online in Australia in bulk is by far the most economic option. There is no perfect way of comparing the cost of feeding different bugs so PetWave has compared the relative price per 100g and the price per insect out of 5 stars (below), as two reasonable worthwhile comparisons. These comparisons don't take account of other variables such as wastage, shelf life, postage, handling cost, ongoing feeding, refrigeration costs, etc that can also be important in determining the true cost of live feeder bugs. The different nutritional value of live feeder insects for reptiles are described in the following feeder insect nutritional value chart:

Insect Rating	PetWave Live Feeder Insect	Moisture	Fat	Protein	Ca : P Ratio
#1	Live Crickets	68%	6%	21%	0.08
#2	Black Soldier Fly Larvae BSFL	61%	9%	17%	1.5
#3	Woodies	55%	7%	23%	0.33
#4	Silkworms	83%	10%	64%	0.4
#5	Regular Mealworms and Superworms	62%	13%	18%	0.04
#6	Giant Mealworms	58%	18%	20%	0.06
#7	Fly Pupae	68%	6%	20%	0.1
#8	Earthworms	84%	2%	10%	1.5
#Extra	Feeder Mice	81%	6%	12%	0.15

** approximate values based on younger insects and normal gut-loading*



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#1 Live Feeder Crickets

[Live feeder crickets](#) are the most popular feeder insect for reptiles and amphibians. Their extremely active movement stimulates an energetic feeding reaction in lizards, frogs, birds and large fish. Live crickets are a staple reptile and frog food insect. As they have a low calcium to phosphorus ratio, live crickets for reptiles require calcium powder dusting immediately before feeding to your pet to avoid health issues of low calcium. Gut-loading of crickets over the days prior to feeding optimises the nutritional benefits of these awesome feeder insects. Live crickets for reptiles are easy to store but produce a faint insect odour.



#2 Live Feeder Woodies

[Wood roaches](#) are a popular live reptile insect which can stimulate a good feeding response in many frogs, reptiles, chickens and insectivorous birds. Live woodies are also known as wood roaches, wood cockroaches, speckled feeder roach, lobster roach and Dubai roaches in Australia. As they have a low calcium to phosphorus ratio, live wood roaches require calcium powder dusting immediately before feeding to your pet to avoid health issues related to low calcium. Gut-loading of woodies over the days prior to feeding optimises the nutritional benefits of these strong feeder insects. Live woodies are easy to store with but produce a strong insect odour.



#3 Live Feeder Black Soldier Fly Larvae

[Black Soldier Flies](#) are increasing in popularity and have the highest naturally occurring Calcium to Phosphorus ratio for a live feeder insect. They also have high natural levels of lauric acid which is known to be an excellent antimicrobial, killing some deadly viruses.

Given their high Ca:P ratio, they do not require calcium powder dusting. BSFL are also known as Vitaworms, Calciworms, Phoenix Worms and Calcium Worms. They are a very strong, staple insect for those reptile, frogs and insectivores birds. If they are allowed to develop into flies, they become irresistible to frogs and other small reptiles. Black soldier flies are extremely easy to store but produce a medium odour when storing.



#4 Live Feeder Silkworms

[Live feeder silkworms](#) are growing in popularity as a feeder insect for reptiles and amphibians due to their extremely high protein levels. Their movement stimulates a good feeding reaction in lizards, frogs, birds and large fish. Unfortunately, they are the highest priced insects, limiting their regular affordability. Live silkworms raised on mulberry leaves are one of the most nutritious staple reptile and frog food insect due to their soft exterior, high protein levels and moderate natural calcium to phosphorus ratio. However, silkworms fed on an artificial diet such as a silkworm powder are much less nutritious than those fed on mulberry leaves. Therefore, nutritious silkworms can be seasonal in Australia based on the lack of availability of deciduous mulberry leaves. Before buying silkworms, it is important to confirm that the silkworms have been raised exclusively on mulberry leaves and not an artificial diet. PetWave silkworms are only fed mulberry leaves. Live feeder silkworms require calcium powder dusting immediately before feeding to your pet to avoid health issues of low calcium. Gut-loading of silkworms over the days prior to feeding optimises the nutritional benefits of these desirable feeder insects. Live silkworms are easy to store but produce a faint insect odour. Premium, mulberry-fed live feeder silkworms can be purchased online in Australia.





#5 Live Feeder Regular Mealworms and Superworms

[Regular mealworms](#) and [Superworms](#) are extremely popular for breeding insectivorous birds such as Gouldian Finches and are generally readily available. However mealworms are relatively high in fat and have a high proportion of hard exoskeleton or chitin. It is believed that too many mealworms can cause gut impaction for lizards and frogs. Therefore mealworms should be supplied to your pet lizard or pet frog as an occasional treat only. Mealworms can stimulate a good feeding response in many frogs, reptiles, chickens and insectivorous birds. As they have a low calcium to phosphorus ratio, mealworms require calcium powder dusting immediately before feeding to your pet to avoid health issues related to low calcium. Gut-loading of mealworms over the days prior to feeding optimises the nutritional benefits of these popular feeder insects. Live mealworms are easy to store but can produce a faint insect odour.

#6 Live Feeder Giant Mealworms

[Giant mealworms](#) are relatively high in fat and have a high proportion of hard exoskeleton or chitin. Many people believe that too many Giant mealworms can cause gut impaction for lizards and frogs. Therefore, Giant mealworms should be provided as occasional treats only. Giant mealworms are also known as Tropical mealworms and Morio worms. Giant mealworms can stimulate a good feeding response in many frogs, reptiles, chickens and insectivorous birds. As they have a low calcium to phosphorus ratio, Giant Mealworms require calcium powder dusting immediately before feeding to your pet to avoid health issues related to low calcium. Gut-loading of Giant Mealworms over the days prior to feeding optimises the nutritional benefits of these popular feeder insects. Giant mealworms are easy to store but can produce a faint insect odour.



#7 Live House Fly Pupae

[Fly pupae](#) are a nutritious reptile insect. Their lack of movement in pupae stage means that many reptiles or frogs are not naturally drawn to them as food - but they are easy to catch! To attract reptiles to this lizard food, it is recommended that live fly pupae be mixed in a bowl with other moving insects such as black soldier fly larvae or mealworms. When the flies emerge from the pupae, they become irresistible to frogs and other small reptiles. As they have a low calcium to phosphorus ratio, Fly Pupae require calcium powder dusting immediately before feeding to your pet to avoid health issues related to low calcium. They are a strong, staple insect for those reptile, frogs and insectivores birds that are happy to eat them. Live fly pupae are extremely easy to store and produce a barely detectable odour when storing.



#8 Live Earthworms

[Live earthworms](#) are a reptile insect extremely high in moisture. Their levels of protein and fat are relatively low, meaning that they don't make great staple foods but rather for variety or a lizard treat. Live earthworms have moderate movement attracting most lizards, frogs, birds and large fish. As they have a low calcium to phosphorus ratio, earthworms require calcium powder dusting immediately before feeding to your pet to avoid health issues related to low calcium. Live earthworms are extremely easy to store and produce a barely detectable odour when storing.





Extra: Thawed Frozen Pinkie Mice

Although [pinkie mice](#) are obviously not insects, it would be amiss to leave them out because they are an incredibly wholesome feeder for large lizards, frogs and small snakes. They are very nutritious and should be included in the diet of every large lizard and frog. Never feed live rodents to your pet as the rodents can cause fatal bites to a reptile in a contained space. Pinkie mice are extremely easy to store in a freezer and produce no odour while being stored.

Buying Insects Online in Bulk Can Offer Amazing Savings Doing some quick math, it becomes apparent that buying bulk live insects online offers significant costs savings.

The Recommended Retail Price for a tub of 30 large crickets is around \$7.00 to \$8.00 in a pet shop in Australia in 2018. That is up to 25c per cricket before you take account of cricket deaths due to old cricket stock in store, waiting in line, having to return if the store is out of stock, travel costs and most importantly your time.

At PetWave, you can currently buy a mini-bulk pack of 150 fresh, healthy and premium quality large crickets for \$18.98. That is around 12.5c* per cricket (half of the retail price) and it will be shipped to your door for free if the total order is over \$149.00.

Buy a bulk pack of 1,000 live mail order crickets with free shipping and you are down to 7.5c* per cricket. Free shipping of live crickets for sales is achieved if the total order is over \$149.00. These cheap live crickets offer a saving of 70% off retail prices. Over a year that adds up to a very significant saving.

PetWave customers also automatically earn PetWave Treats which means further future discounts and customers can set up convenient repeat delivery subscriptions, known as [PetWave-On-Tap](#).

PetWave also offers an overfill of 10 to 20% and a [100% Live Guarantee](#) for all live insects supplied.

Buy premium live insects at perfect prices at live reptile food for sale Australia.

* excluding shipping costs



ABOUT PETWAVE

PetWave is an Australian online pet supply company that is expert in shipping delicate, live and frozen products to you and your pet's door.

We know that your time is valuable & you want access to reliable, premium products at perfect prices. We are able to satisfy your needs through our premium online offer.

We are very proud to offer the highest quality and largest selection of live fish, aquarium plants and driftwood creations, a wide range of live food such as insects, frozen pet food especially for snakes, lizards, amphibians and birds of prey and many rare, creative and beautiful decorations for your aquarium and terrarium.

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