

Alfalfa - Ground leaf (usually found in bulk at health food stores) is a great additive to grated squash and provides your iguana with many beneficial nutrients. The moist squash makes the dried leaf moist and gives it something to stick to so it doesn't wind up on the bottom of the iguana's food bowl.

Arboreal - Green iguanas are tree dwellers which means they are arboreal creatures.

Butternut Squash - A fall/winter squash that makes good iguana food when mixed with dark leafy greens and is good to mix with alfalfa (see alfalfa above). See also "green bean" below.

Collard Green - A dark, leafy, calcium-rich green commonly available in grocery stores which is a good food to feed a green iguana. Other good dark leafy greens to include in an iguana's diet include mustard greens, turnip greens, dandelion greens, endive, escarole and swiss chard. Feeding at least 5 - 7 greens in an iguana salad is a good idea to prevent nutrient binding by any one ingredient. Dark, leafy greens should make up about 65 - 70 percent of an iguana's diet.

Dandelion Green - You can feed your green iguana dandelion leaves and flowers right out of your backyard providing there are no chemicals used on your lawn. For other good greens to feed green iguanas please read "collard green" above.

Dewlap - The flap of skin that hangs from the green iguana's neck.

Endive - See "collard green" above.

Escarole - See "collard green" above

Femoral Pores - Pores located on the underside of the back legs of a green iguana. In sexually mature iguanas the pores are small on females and are large and filled with a waxy substance on male iguanas.

Green Bean - A good vegetable to dice up in your iguana salad. Other good veggies to feed an iguana include pea pods, bell pepper, squash, parsnip, etc. Veggies (other than leafy greens) should make up about 20 - 25 percent of an iguanas diet.

Head Bob - Green iguanas bob their heads in different ways to communicate with other iguanas - as a greeting, a threat or to mark territory.

Humidity - Green iguanas come from the rainforest where humidity is high. Captive green iguanas need the benefit of a humidifier as well as frequent misting and tub soaks for good health.

Lizard - A member of *Lacertilia*, order *Squamata*, a suborder of reptiles found chiefly in warm climates with relatively long bodies and tails. Green iguanas are a type of lizard.

Mango - Fruit is a good treat food for a green iguana. Many green iguanas like mango but fruit should not comprise more than five to ten percent of a green iguana's diet. Other fruits iguanas seem to like include banana, blueberries and figs.

Mustard Green - See "collard green" above.

Parietal Eye - Green iguanas have a "third eye" on top of their head which helps them sense light and shadow which assists with thermoregulating and with detecting predators overhead.

Rainforest - Green iguanas come from the rainforests of Central and South America.

Reptile - A member of *Reptilia*, a class of cold-blooded vertebrates including snakes, lizards, crocodiles, turtles, etc. that are covered with tough scales or plates. A green iguana is a reptile.

Scales - A green iguana is covered with scales instead of skin or fur.

Spikes - An iguana grows spikes on the top of its back which usually start just behind the head, run down the back and then gently taper off on the tail.

Subtympanic Plate - The large scale under the iguana's ear. This large, roundish scale is a defining feature of a green iguana and can help you identify a lizard as a green iguana by its presence.

UVB - UVB is a wavelength of ultraviolet light that is produced by the sun. Green iguanas require unfiltered UVB rays for good health - so their bodies can make vitamin D3 which helps their bodies utilize the calcium from the food they eat. Unfiltered sunlight provides UVB as do special fluorescent tubes like a "Zoo Med Iguana Light 5.0" (but make sure there is no glass or plastic between the ig and the UVB producing tube). Without access to UVB rays green iguanas can develop Metabolic Bone Disease (MBD) which can lead to broken bones, disfigurement, paralysis and death.

Vegetarian - Green iguanas are vegetarians which means they should not be fed animal protein (crickets, mealworms, dog food, cat food, etc.) and should only be fed leafy greens, vegetables and some fruit. The diet should be high in calcium and low in phosphorous. Feeding a green iguana animal protein can lead to kidney failure. Tofu is also an inappropriate food for a green iguana.

For more info write to IL-NIAD, P.O. Box 712, Decatur, IL 62525 or visit NIAD and IL-NIAD on the world wide web at <http://www.niad.org> and <http://www.geocities.com/ilniad>