Item	DM[1]	CPro [2]	CFat [3]	ASH [4]	ADF [5]	Ca[6]	P[7]	Ca:P ratio[8]	Mg[9]	Na [10]	K[11]	Cu [12]	Fe [13]	Zn [14]	Mn [15]	Se [16]	Mo [17]	A[18]	E[19]	REF	Item	Genus	*Species*	Type	Comments
	----------%----------					----------%----------						----------ppm----------						IU/kg							All insects provide high amounts of choline and B-vitamins.
Blattodea (Roaches)																									All roaches are lacking linoleic acid and linolenic acid.
Cockroach, American	38.7	53.9	28.4	3.3	9.4	0.2	0.5	1:2.5	0.08	0.27	0.87	14	90	57	5	0.36				1	Cockroach, American	Periplaneta	*americana*	I	
Rusty Red (small)	20.82	76.05	14.45	7.88	10.87	0.24	1.22	1:5	0.21	0.53	1.6	39	102	214	25	N/A	0.6	120	21.7	10	Rusty Red (small)	Blatta	*lateralis*	I	
Rusty Red (medium)	28.27	62.85	26.5	6.89	12.75	0.19	0.95	1:5	0.15	0.37	1.18	33.5	89.5	164.5	18	N/A	0.6	83	17	10	Rusty Red (medium)	Blatta	*lateralis*	I	
Hissing Cockroach (small)	30.83	63.35	20.3	8.49	13.12	0.25	0.93	1:4	0.24	0.33	1.24	22.5	153.5	202	10	N/A	0.3	182	23.9	10	Hissing Cockroach (small)	Gromphadorhir	*portentosa*	I	High in Iron, good source Vits A & E
Hissing Cockroach (large)	38.95	62.52	24.56	4.06	10.22	0.17	0.57	1:3.5	0.17	0.21	0.87	18.8	216	168.2	6.4	N/A	0.4	386	21.1	10	Hissing Cockroach (large)	Gromphadorhir	*portentosa*	I	High in Iron, good source Vits A & E
Six-spotted cockroach (small)	42.78	52.1	43.1	2.98	N/A	0.08	0.46	1:6	0.08	0.4	0.75	12	55	124	5	N/A	0.4	192	18.4	10	Six-spotted cockroach (small)	Eublaberus	*distanti*	I	Not the best roach feeder choice.
Six-spotted cockroach (large)	49.22	38.28	54.48	1.96	N/A	0.06	0.37	1:6	0.08	0.27	0.57	15	91.5	83	22	N/A	1	211	21.6	10	Six-spotted cockroach (large)	Eublaberus	*distanti*	I	Not the best roach feeder choice, high fat, low protein, spikey legs.
Orthoptera (Crickets & Grasshopers)																								I	Sources of linoleic acid and linolenic acid
Cricket,domestic	31	64.9	13.8	5.7	9.4	0.14	0.99	1:9	0.13	0.49	1.29	28	58	188	31	0.58		240 [20]	43	1	Cricket, domestic	Acheta	*domestica*	I	High in riboflavin, niacin, very high in B12. Low in thiamin.
Cricket,domestic, pinhead	47.4	*	*	*	*	0.22	1.27	1:6	0.14	0.43	1.62	14	200	268	33	*				1	Cricket, domestic, pinhead	Acheta	*domestica*	I	
Cricket, JamaicanField	26.6	57.1	21.42	4.88	N/A															13					
Cricket,BlackField	29.2	50.34	28.42	4.45	N/A															13					
Cricket, TropicalHouse	33.9	63.12	20.35	4.71	N/A															13					
Locust, desert	37.8	58.3	24	9.5				1:6												14	Locust	Schistocerca gregaria			High in cholesterol. Source of palmiteic, oleic and linolenic acids.
False Katydid	36.2	77.8	9	9.1	19.39	0.24	0.9	1.3	0.11	0.17	1.15	32	131	166	93	N/A	0.3	2953	164	10	False Katydid	Microcentrum	*rhombifolium*	I	Good source of Vitamins A & E (veg diet)
Annelids (Ringed Worms)																									
Earthworm	20	62.2	17.7	5	9	1.72	0.9	1.5:1	0.14	0.02	0.06	18	4133	250	142	0.92				1	Earthworm	Allolobophora	*calignosa*	W	
Nightcrawler	16.3	60.7	4.4	11.4	15	1.52	0.96	1.5:1	0.16	0.44	0.87	9	1945	1119	29	5.44				1	Night.crawler	Lumbricus	*terrestris*	W	
Flies, Beetles, Grubs																									
Fruitfly	29.6	70.1	12.6	4.5	27	0.1	1.05	1:10	0.08	0.42	1.06	18	138	171	39	0.07	0.8	2.2	166	1	Fruitfly	Drosophila	*melanogaster*	I	
Fruitfly.larvae	21.2	40.3	29.4	9.8	5.9	0.59	2.3	1:4	1.89	0.09	1.28	16	235	176	110	0.49				1	Fruitfly.larvae	Drosophila	*melanogaster*	I	
Fruitfly.pupae	32.4	52.1	10.5	14.1	17.4	0.77	2.73	1:3.5	2.41	0.12	1.66	25	1728	200	108	0.33				1	Fruitfly.pupae	Drosophila	*melanogaster*	I	
Mealworm.beetle	38.6	63.7	18.4	4.5	16.1	0.07	0.78	1:11	0.19	0.16	0.92	22	89	113	15	0.29	1	12	9	1	Mealworm. beetle	Tenebrio	*molitor*	I	High in niacin & B12
Mealworm.pupae	39	54.6	30.8	3.4	5.1	0.08	0.83	1:10	0.23	0.15	0.93	18	42	95	12	0.29				1	Mealworm. pupae	Tenebrio	*molitor*	I	
Mealworm.larvae	37.6	52.7	32.8	3.2	5.7	0.11	0.77	1:7	0.22	0.14	0.91	19	43	100	14	0.31		240 [20]		1	Mealworm. larvae	Tenebrio	*molitor*	I	High in niacin & B12
Superworm larvae	40.9	45.3	55.1	2.9	7.2	0.16	0.59	1:3.5	0.12	0.1	0.72	14	59	80	13	0.4		290 [21]		1	Superworm larvae	Zophobas	*morio*	I	Contains B12
Superworm Beetle	38.21	68.05	14.25	6.16	32.06	0.06	0.71	1:12	0.15	0.18	0.97	15	91.5	83	22	N/A	1	41	17.8	10	Superworm	Zophobas	*morio*	I	
Waxworm.(moth larvae)	34.1	42.4	46.4	2.7	4.8	0.11	0.62	1:6	0.11	0.05	0.72	9	22	76	3	0.66				1	Waxmoth. larvae	Galleria	*mellonella*	I	Waxworms are high in palmitic and other saturated fats. Very high in oleic acid, which has beneficial hypotensive effects in humans

Item	DM[1]	CPro [2]	CFat [3]	ASH [4]	ADF [5]	Ca[6]	P[7]	Ca:P ratio[8]	Mg[9]	Na [10]	K[11]	Cu [12]	Fe [13]	Zn [14]	Mn [15]	Se [16]	Mo [17]	A[18]	E[19]	REF	Item	Genus	*Species*	Type	Comments
Phoenix worm	35	48.4	26.8	N/A	N/A	2.33	1.53	1.5:1												4; 6	Phoenix worm	Hermetia	*illucens*	I	Naturally high in calcium. Contains high levels of lauric acid, which has some antimicrobial properties.
Silkworm, artificial diet	17.3	53.8	8.1	6.4	6.4	1.02 [22]	1.37 [23]	1:1.3				21	95	178	25	0.8		1580 [24]	50.6	5; 6; 7; 12	Silkworm	Bombyx	*mori*	I	High in moisture (82.7%) and vitamin A (1580 iu/kg). Excellent source of linolenic acid and some linoleic acid. Silkworms have been shown to contain thiaminase, which destroys thiamin (vitB1).
Silkworm, mulberry leaves	23.7	64.7	20.8																	6; 12;					
Hornworm (large)	15	61	21.7	7.8	9.9	5.52 [25]	16.56 [26]	1:3												6/12/	Hornworm	Manduca	*sp.*	I	High in water, can cause diarrhea in large amounts. Use appropriate size; final molt stage before crysalis is equivalent to 36 crickets
Butterworm	41	39.5	12.6	1.04	N/A	42.9?	?	?												6; 9; 11	Butterworm	Chilecomadia	*moorei*	I	Possibly emits an acid which can burn reptiles. Not enough reliable data on phosphorus and other nutrients
Others																									
Termite	30	42	15	4.11	25	0.26	0.38	1:1.7	0.14	0.17	0.54	38	652	163	46	0.51				2	Termites	Nasutitermes	*sp.*	I	
Isopod	32.2	41.2	11.5	32.69	5.02	14.38	1.22	12:1	0.47	0.81	0.93	129	434	170	85	N/A	<.1			10	Isopod	Porcellio	*scaber*	C	These crustaceans have an extremely high calcium content.

Notes: Feeding hi-calcium gutload can increase the calcium % of feeder; values listed are for non-fasted fed normal maintenance diet. Data sources provided either dry-matter or as fed data; all data has been calculated as needed to show dry weight figures

Version 1.0 December 2011. Data compiled by Amy Andrews // http://www.moonvalleyreptiles.com // See data sources at https://spreadsheets.google.com/pub?key=0AntsLN7QCkLldDNLM1FLX2xySUtBSEgwaHVXVEJUdWc&hl=en&gid=2

1. Dry Matter
2. Crude Protein
3. Crude Fat (ether extract)
4. Ash - Total Minerals
5. Acid Detergent Fiber
6. Calcium
7. Phosphorus
8. Ideal ratio is 1.5:1
9. Magnesium
10. Sodium
11. Potassium
12. Copper
13. Iron
14. Zinc
15. Manganese
16. Selenium
17. Molybdenum
18. Vitamin A (IU/kg)
19. Vitamin E (IU/kg)
20. 240 mg/kg

21. 290 mg/kg

22. 1020mg/kg (PPM)
23. 13700 mg/kg (PPM)
24. 2740 micrograms/kg
25. 46mg/100g = .46mg per gram; large, final molt insects are ~12g; 5.52 mg per insect

26. 16.56mg extrapolated from the stated 1:3 Ca:P ratio. This number relates to large (12g) final molt individuals