Commercial processed pellets

These types of food should be the staple of your slider’s diet. Quality can vary with different brands and you may have to try a few before you find a variety your turtle will enjoy. Read the packaging label to ensure proper calcium and vitamins are included.

Fluker’s Aquatic Turtle Diet
Mazuri Fresh Water Turtle Diet
Tetra ReptoMin

Fresh plant matter

Fresh vegetables should always be offered, regardless if your RES shows interest in them. The right combination of vegetables can offer a balance of calcium and vitamins. Aquatic plants are also beneficial, especially since it would be similar to what wild RES consume. Older RES especially should consume more vegetables and aquatic plants. Fruits must be considered as a small and rare treat.

**Vegetables**

**Beneficial**
- Carrots
- Dandelion leaves
- Romaine lettuce (Calcium, Vit A, C, Thiamin)
- Green Leaf lettuce (Calcium, Vit A, C, Thiamin)
- Red Leaf Lettuce (Calcium, Vit A, C, Thiamin)

**Good**
- Escarole Endives
- Squash (Vitamin A)
- Sweet Potatoes

**Aquatic plants**

- Amazon Swords
- Anacharis
- Duckweed
- Nasturtium
- Water Hyacinth
- Water Lettuce
- Water Lily

Animal based foods

Fish and snails should be live and fresh. These and other live prey should be considered as a rare treat. They are helpful in trying to induce eating in reluctant RES. Be certain the food you feed is clean and free from biological and chemical contaminates.

**Aquatics**

- Aquatic snails (captive, not wild)
- Brine shrimp
- Crayfish
- Feeder fish (Rosy red minnows, guppies)
- Gammarus Shrimp (commercial treat)
- Ghost shrimp

**Insects**

- Crickets (gut loaded)
- Delica Bloodworms (commercial treat)
- Earthworms
- Frozen Blood worms
- Frozen Krill
- Meal Worms
- Slugs
- Tubifex worms (A starter food)
- Wax Worms