



LET'S TALK ABOUT

INSECT GUIDE








A TENREC CARE
GUIDE


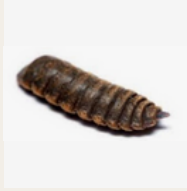


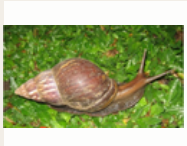
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Lesser Tenrecs can also enjoy a wide range of "human" foods as part of their balanced diets. Below are lists of safe foods and also foods to avoid feeding your tenrec.

INSECT	FAT %	PROTEIN %	NOTES	IMAGE
Brown Crickets	4%	20%	Good source of fibre, low in calcium	
Locusts	5%	40%	Good source of fibre, high in calcium	
Earthworms	5%	60%	Good source of protein and fibre, high in calcium	
Dubia Cockroach	8%	22%	Good source of protein and fibre	
Silkworm	10%	64%	Good source of protein and fibre, high in calcium.	
Black Crickets	12%	16%	Good source of fibre, low in calcium	
Waxworms	22%	15%	Low in calcium, high in fat	

INSECT	FAT %	PROTEIN %	NOTES	IMAGE
Mealworms	14%	19%	Very high in calcium at 42.9mg/100g	
Black Soldier Fly Larvae	18-32%	32-53%	These values vary due to what stage of life they are in	
Morio Worms	18%	18%	Low in calcium, high in fat	
Butter Worms	5%	16%	Very high in calcium at 43.9mg/100g	
Snails	2.4%	14-15%	High water content and low in fat	

Unlike APH's, Tenrecs tend to need the fat from the fattier bugs. As well as this, before and after torpor tenrecs need to bulk up, so feeding them mealworms and waxworms can aid them in doing this.