

Nutritional content of selected insects for insectivores



	Earthworm	Blood worm	Night crawler	Cricket	Cricket, hi-cal diet	Cricket, pinhead	Fruit Fly, adult	Fruit Fly, larvae	Fruit fly, pupae	Mealworm, beetle	Mealworm, larvae
Ash (%)	5.0	11.3	11.4	5.7	9.8		4.5	9.8	14.1	3.1	3.2
Moisture (%)				69				68			62
Energy (kcal)	4.65		4.93	5.34	5.4		5.12	5.57	4.84	5.79	6.49
Crude Protein (%)	62.2	52.8	60.7	64.9	65.2		70.1	40.3	52.1	63.7	52.7
Carbohydrate (%)				3.06							3.62
Fat, total (%)				6.01				7.81			12.72
Calcium (% ppm)	1.72	0.38	1.52	0.14	0.90	0.22	0.10	0.59	0.77	0.07	0.11
Phosphorous (% ppm)	0.90	0.90	0.96	0.99	0.92	1.27	1.05	2.30	2.73	0.78	0.77
Magnesium (% ppm)	0.14	0.12	0.16	0.13	0.11	0.14	0.08	1.89	2.41	0.19	0.22
Sodium (% ppm)	0.02	0.62	0.44	0.49	0.57	0.43	0.42	0.09	0.12	0.16	0.14
Potassium (% ppm)	0.06	0.35	0.87	1.29	1.41	1.62	1.06	1.28	1.66	0.92	0.91
Copper (% ppm)	18	30	9	28	29	14	18	16	25	22	19
Iron (% ppm)	4133	2940	1945	58	80	200	138	235	1728	77	43
Zinc (% ppm)	250	115	1119	188	237	268	171	176	200	113	100
Manganese (% ppm)	142	22	29	31	56	33	39	110	108	10	14
Selenium (% ppm)	0.92	0.37	5.44	0.58	0.49		0.07	0.49	0.33	0.29	0.31
Vitamin A (mcg/kg)				240							240
Choline (mg/kg)				4932						6671	4839
Vitamin B-12 (mcg/kg)				174.3						15.4	12.3
Vitamin E (mg/kg)				43				15			20
Folate (mg/kg)				4.9						3.8	4.1
Niacin (mg/kg)				125						155	107
Riboflavin (mg/kg)				110						23.4	21.3
Thiamin (mg/kg)				1.2						2.7	6.3

Sources:

Iowa State University Entomology Department

Encyclopedia of Entomology

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Nutritional Advisory Group, "Feeding Captive Insectivorous Animals, Nutritional Aspects of Insects as Food"

Mealworm, king, larvae	Mealworm, king, hical diet	Cockroach, American	Tubifex worm	Wax moth, larvae
3.4	3.5	3.3	6.9	4.8
59				62
7.08	6.79	6.07		7.06
45.3	38.9	53.9	46.1	42.4
5.81				2.54
17.89				22.19
0.16	0.69	0.20	0.19	0.11
0.59	0.57	0.50	0.73	0.62
0.12	0.12	0.08	0.09	0.11
0.10	0.09	0.27	0.46	0.05
0.72	0.88	0.87	0.79	0.72
14	13	14	108	9
59	58	90	1702	22
80	86	57	190	76
13	24	5	30	3
0.40	0.18	0.36	2.16	0.66
290				40
4124				3953
10.1				21
21				
1.6				1.1
77				90
17.8				17.6
1.5				5.6