



Tomato Frog Diet and Care Recommendations

GENERAL INFORMATION

Tomato frogs belong to the genus *Dyscophus*. Most females are a bright reddish-orange, males are duller. It's sometimes difficult to tell the difference between the true tomato frog (*D. antongilii*) and the false tomato frog (*D. guineti*). Yet it doesn't really matter since they have the same needs and require the same care.

Diet: A varied diet is best. Live prey animals like crickets, phoenix worms, hornworms, mealworms, waxworms, silkworms, earthworms, and dubia roaches should make up the majority of the diet. Gut load crickets with either T-Rex Calcium plus or ILF formula or Fluker's high calcium diet.



Temperature: These frogs do well in a range between 65-80 degrees Fahrenheit. However, all amphibians need a temperature gradient to thermoregulate and control their body temperature. This essentially means you need to provide a warm and a cool side to your enclosure. All the heat elements should be on one side and the other will be the cool side. This way your frog can move back and forth between the different temperatures depending on its needs.

The warm side can be between 75-80. The rest of the enclosure can be normal room temperature (around 72). Use a good quality temperature gauge, like Zoo Meds digital temp gauge or Exo Terras Thermometer to figure out the temperatures in your enclosure. It is recommended to use either a mercury vapor bulb (which has both heat and UV) or ceramic heat emitters plus a regular heat bulb.

In the wild, this mostly nocturnal species lives on the forest floor and does not get a lot of UVB rays, however they still require a UVB light.

Humidity: Always provide a shallow water dish with fresh water. Change the water at least once a day. Like all amphibians, these guys are quite sensitive to toxins in their environments. So not use strong smelling cleaning products, scented candles, or incense in the room with your frog. Try for humidity around 70-80%. Misting the enclosure at least once or twice a day will usually provide enough moisture, but a nice humidity gauge can help you in this area. Hand misters are usually sufficient but if you don't care to remember to mist, an automatic mister like the Exo Terra monsoon is a nice option. Exo Terra bowls or Flukers rock dishes are nice naturalistic non-porous water bowls. Frogs drink by sitting in their water bowls and absorbing it through their skin. Do NOT use distilled water for the water bowl. Distilled water has no salts or minerals in it and as such messes with the frogs ability to regulate the water in its cells. A process called osmotic regulation. Death can result from this as well.

Temperament: If stressed, the tomato frog can release a white toxic secretion through its skin. It's not fatal to humans but may cause an allergic reaction in some. For the most part, they do not like to be touched. Each will have their own personality but in general, avoid excessive handling.

ENVIRONMENT

Tomato Frogs should be kept in a cage that provides them with plenty of space to move around, climb, and hide. Tall cages are best with a lot of vertical branches and foliage. A 20 gallon long or an 18x18x12 front opening enclosure is sufficient.

Substrate: As this species is semi-fossorial, a good substrate that facilitates this behavior, such as coco fiber, is best. Live plants that root in multiple places and don't need a lot of nutrients from the soil are ideal for this type of setup. Pothos is a good example of an ideal plant to be used with Tomato Frogs.

Moisture: A clean water dish large enough for soaking should be available at all times in the enclosure.

MEDICAL CARE

Exams: A yearly exam is recommended as well as a fecal parasite check.