

# CATERPILLAR SUPERFOODS

Did you know... that 'very hungry caterpillar' was actually very unusual in that he ate loads of types of food?!  
Most caterpillars are actually pretty fussy, with each species only eating a small selection of plants.  
That's why its really important to grow the right plants for them in your garden.

HERE ARE A FEW CATERPILLAR SUPERFOODS WHICH LOTS OF GARDEN SPECIES ENJOY



Garden tiger



Hebrew character

(c) Shane Farrell



Red Admiral



Angle Shades

(c) Shane Farrell



COMMON NETTLE



Peacock

(c) gailhamshire  
CC BY 2.0



Buff Ermine

(c) Shane Farrell



Painted Lady

(c) Harald Supfle  
CC BY-SA 3.0



Comma

(c) AnemoneProjectors  
CC BY-SA 2.0



Small tortoiseshell

AND MORE...  
in fact over 30  
caterpillars  
eat this plant



RECORD

# CATERPILLAR SUPERFOODS



Large White



Small White



Green-veined white



Drinker



Meadow Brown



Speckled Wood



Ringlet

AND MORE...  
in fact over 30 caterpillars eat this plant

