CREATURE ATLAS

Animal Fact Sheet

Name: _____ Date: _____



Helmeted Iguana

Corytophanes cristatus

The Helmeted Iguana is a striking lizard known for the prominent, helmet-like crest on its head, which gives the species its common name. Native to the rainforests of Central America, this arboreal r…

Quick facts

Classification: Reptile
Family: Corytophanidae
Habitat: Tropical rainforest
Diet: Omnivore
Conservation status: Least Concern
Lifespan: 5-8 years
Weight: 30-55 grams
Scientific name: Corytophanes cristatus

Did you know?

- Despite being called an iguana, the Helmeted Iguana is more closely related to basilisks and belongs to the family Corytophanidae.
- Helmeted Iguanas can change color to blend in with their surroundings, much like chameleons. They often freeze in place and rely on their cryptic app…

What I learned

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