

Hamster Diet

Pellet Diet

Pellet hamster food offers a complete balanced diet in every bite. Pellet diets can come in many shapes but usually look like small biscuits, cookies, or cereal. A hamster can be picky with loose seed mixes, eating only their favorite items, resulting in an unbalanced diet. Pellet diets prevent this from happening, but they are a bit dull so some hamsters will refuse them. A pellet mix can be supplemented with a variety of other items, such as a seed mix or fresh produce. Once a week you can consider giving your hamster a tasty protein treat by offering some mealworms or a small amount of a hard boiled egg. These are favorites with most hamsters and healthy in small amounts. Always remember to remove any uneaten food from your hamster's habitat daily so it doesn't rot.

Fruits and Vegetables

Your hamster will love to eat fruit and vegetables, but you should be careful not to give them too much. A small cube of fruit or vegetable once daily is all they need. Too much will give them diarrhea.

Be very careful when giving your hamster carrots to eat. Your furry friend will absolutely love them, but it's important to remember that carrots are full of natural sugars and should be provided as a treat, not as part of a hamster's regular diet. See reverse side for good food options.

Feeding Time

Hamsters should be offered fresh food every 2–3 days. Make feeding time fun! In the wild, hamsters spend a lot of time searching for food. Making them work for their meal is a great way to keep them occupied and prevent boredom. You can try things like:

- Scattering some of their food pellets around their habitat instead of feeding them from a bowl. This is a great idea if you have one hamster that is very protective of the food bowl.
- Hiding hay, food pellets, or fresh greens inside paper bags, cardboard tubes, or boxes. Your hamster will enjoy searching for their food and can also gnaw on the packaging.



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Drinking Water

Many people give their hamster water straight from the tap, but water high in chlorine is not good for them. It is best to give your hamster filtered water. The water in your hamster's water bottle should also be changed each day, and the bottle should be washed thoroughly at least once a week.

Safe to feed

- Apples (no seeds)
- Bananas
- Blueberries
- Brown Rice (cooked)
- Cabbage
- Carrots
- Cooked Chicken (small pieces)
- Crickets
- Cucumber
- Dandelion Greens (wash well)
- Hard-Boiled Eggs
- Hay
- Kale
- Lentils
- Mealworms
- Nuts (unsalted, no almonds)
- Peas
- Plain Air-Popped Popcorn
- Potato (cooked)
- Pumpkin Seeds
- Romaine Lettuce
- Spinach
- Squash
- Strawberries
- Sunflower Seeds
- Whole Grain Bread or Toast
- Whole Wheat Pasta (cooked)

Avoid Feeding

- Almonds
- Apple Seeds
- Chives
- Chocolate
- Citrus Fruit
- Eggplant
- Fool's Parsley
- Garlic
- Grape Seeds
- Jams or Jellies
- Leeks
- Onions
- Pickles
- Pork Products
- Raw Beans
- Raw Potatoes
- Rhubarb (plus leaves)
- Scallions
- Sugary or Salty foods (any)
- Tomato Leaves

