

Mouse Diet

Your mouse needs a variety of seeds, vegetables, and fruits in their diet. Mice are classified as omnivores and in the wild they forage for their food. It is important to try and replicate their natural diet.

Seed Mix

Be sure to get a seed mix that doesn't contain too many sunflower seeds or peanuts.

Although these may be a favorite for your mouse, they are high in fat and aren't healthy for them to eat in large quantities.

Lab Blocks

Most commercial seed mixes do not contain all the nutrients your mouse needs in a balanced diet. To compensate for this, you can add lab blocks to their food. Lab blocks are formulated food for small animals like rats, mice, hamsters, and gerbils; lab blocks provide all the essential nutrients for a healthy diet. Mixing lab blocks with a seed mix can ensure that even if your mouse is a picky eater, they are still maintaining a balanced diet.

Vegetables and Fruit

Below is a list of safe and unsafe vegetables and fruit for your mouse:

Safe	Unsafe
Broccoli	Rhubarb
Cabbage	Onion
Brussels Sprouts	Grapes
Carrots	Citrus Fruits
Bok Choy	Avocado
Celery	Raisins
Parsley	Corn
Peas	Beans
Tomatoes	Lettuce
Apples	
Pears	
Bananas	
Plums	

Feeding Time

For two to three mice, you can feed two tablespoons of seed mix every night and one tablespoon of vegetables once a week. You can scatter food in their enclosure instead of putting it in a bowl. This replicates their natural instinct to forage for their food.

Treats

Since fruit is high in sugar, it can be used as treats and given to your mouse once a day. Most seed mix treats are great, just be mindful of sunflower seeds and peanuts.

If you're looking to give your mouse a treat that is high in protein, you can give them either live or dried mealworms, crickets, or waxworms.

Water

Your mouse will need access to water 24/7. They can drink from either a water bottle or a water bowl. The benefit of a water bowl is that it's more natural for them to drink from because it replicates how they would drink from a body of water in nature. You also don't have to worry about your mouse not having access to water where with a water bottle you have to check and make sure it doesn't get clogged.

If you decide to give your mouse a water bowl, be sure to change out the water frequently, at least every day or two. Be sure to get a shallow bowl that isn't easily tipped over. It is easier for bedding and food to get in a water bowl, so be sure to keep an eye on it.

