



## HAMSTER CARE GUIDE: FEEDING

### DIET

**Amount:** Always keep your hamster's bowl full.

**Brands/type:** High quality hamster/gerbil kibble, pellets, or blocks are considered the best choices for stable diets.

**Commercial foods with seeds and other mix ins can be problematic as many hamsters will pick and choose which parts they want to eat and then don't get a balanced diet.**



Pellets, Blocks,  
or Kibble



Seed Mix

### TREATS

#### Good

- Apples
- Bananas
- Bean sprouts
- Bell peppers
- Blueberries
- Broccoli
- Carrots
- Cauliflower
- Clover
- Cheerios
- Cranberries
- Cucumbers
- Dog biscuits
- Eggs (hard boiled or scrambled plain)
- Green beans (cooked)
- Mealworms
- Nuts (no almonds)
- Oatmeal
- Parsley
- Pasta (cooked)
- Peas
- Plain popcorn
- Raspberries
- Romaine lettuce
- Brown rice (cooked)
- Sunflower seeds
- Whole grain toast
- Yogurt

#### Bad

- Apple seeds
- Almonds
- Candy
- Citrus fruit (any)
- Eggplant
- Fizzy drinks
- Garlic
- Raw kidney beans
- Raw meat
- Onion
- Raw potatoes
- Rhubarb
- Spicy foods
- Watermelon

**Overweight Hamsters:** When giving your hamster treats, keep their size in mind. Never give more than 1/4 tea-spoon or so. Hamsters can easily become obese if given too many treats, fed an improper diet (mainly seed mixes) and/or do not get sufficient exercise via a wheel, exercise ball, or floor time. Keep an eye on your hamster's physique and if you notice he is getting a bit chubby, change his lifestyle accordingly.

