



## RAT CARE GUIDE: FEEDING

### DIET

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

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

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



Pellets, Blocks,  
or Kibble



Seed Mix

### TREATS

#### Good

- Apples
- Apricots
- Ripe bananas
- Bell peppers
- Blueberries
- Boysenberries
- Broccoli
- Butternut squash (cooked)
- Carrots
- Cauliflower
- Cranberries
- Cucumbers
- Hard boiled eggs
- Grapes
- Green beans (cooked)
- Kale
- Kiwi
- Mushrooms (cooked)
- Peaches (no pit)
- Plums (no pit)
- Pomegranates
- Pears
- Papaya
- Peas
- Pumpkins & seeds
- Plain popcorn
- Raspberries
- Romaine lettuce
- Yogurt

#### Bad

- Apple seeds
- Raw artichokes
- Green bananas
- Blue cheese
- Raw brussel sprouts
- Licorice
- Mango\*
- Raw onion
- Oranges\*
- Orange juice\*
- Raw peanuts (roasted are ok)
- Poppy seeds
- Green potato skin/eyes
- Red cabbage
- Rhubarb
- Raw sweet potatoes

\* Contains D-Limonene

Male rats have a protein in their kidney that no other rodent has called alpha<sub>2u</sub>-globulin. When a male rat has too much d-limonene, it causes the protein in the kidneys to build up which causes tumors (hyaline droplet nephropathy). Females do not have this protein and therefore studies have shown that d-limonene does not have the same effect on them. D-Limonene is a naturally occurring substance found mainly in citrus oils and is used as a flavor and fragrance additive in food, cleaning products, and even shampoo. The substance can also be found in mangoes, another seemingly innocent healthy fruit. Caution should be exercised when offering table scraps with black pepper or nutmeg because they too have significant amounts of d-limonene.

