



## Rats & Mice – What to feed them

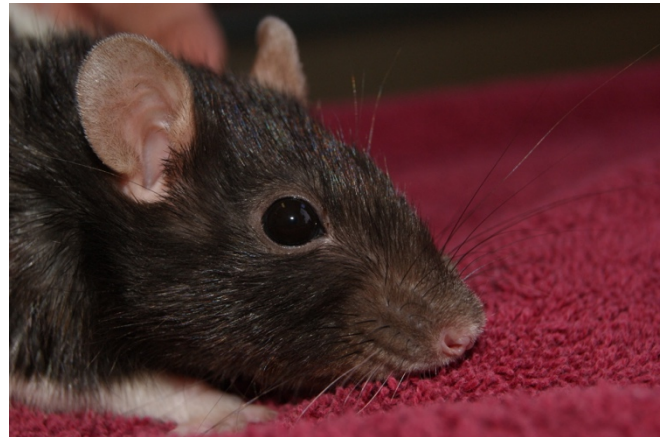
Just like with people, a balanced diet is important for rats and mice. There are commercial pellets that are available, such as the Vetafarm Rodent pellets that can supplement a rodent's diet, but this shouldn't be their sole source of nutrition.

### **The Good:**

**Vegetables:** The best diet for your rodent is one filled with fresh vegies. Good vegetables to choose from include broccoli, beans and peas, which can be given every day. Carrot and corn tend to be sweeter and can be given a few times a week.

### **The Bad:**

**Seeds:** Very often seed diets are available in stores for rats and mice, but these are high in fat and low in calcium and essential vitamins. Seeds should only ever be provided to rats and mice as a special treat.



### **Overall Diet Recommendations:**

- A balanced diet is important for your rat or mouse. A high quality commercial rodent diet should be made available. Seed diets are commonly offered to rats and mice but these contain high fat as well as low calcium and should only be offered as a treat.
- Ideally, each day your rat or mouse should be supplied with a balanced selection of fresh vegetables as well as some fruits such as a small amount of apple.
- Other foods you can serve in small amounts a few times a week include pasta, rice, toast, eggs, some meats, corn and carrots.
- To prevent diarrhoea a gradual introduction of new foods is recommended rather than a sudden change.
- Fresh water should be available at all times.

