



A hamster's diet should be very balanced and include a variety of different ingredients. Despite popular beliefs, pellet food is not a suitable diet for hamsters. Pellets are fine for hamsters in small amounts but should never be used as a hamster's full diet. GHR uses the Kaytee Fiesta Gourmet Variety Diet for all of our hamsters. We also give them mealworms for animal proteins on Tuesday, Thursday, and Saturday as well as fresh fruits and vegetables on Monday, Wednesday, and Friday. It is important that hamsters receive a healthy mix of grains, seeds, fruits, vegetables, animal proteins (such as mealworms), nuts, and more. Mixing different commercial hamster foods can be very beneficial when providing the right diet for a hamster however you will need to do extensive research. You can also make your own hamster seed mix but once again you will need to do research on how much protein, fat, and fiber to include in your hamster's diet.



It is important to note that despite popular belief, hamsters are omnivores, not herbivores. In the wild they have been known to eat plants as well as animal proteins such as insects and even small mammals. Because of this it is very important that you don't simply feed your hamster an herbivore diet. This could lead to malnutrition and a shorter life for your hamster. Mealworms are a cheap and easy way to provide your hamster with animal proteins.

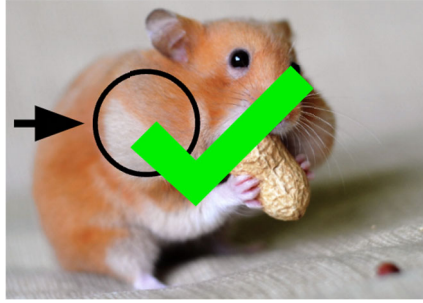
It is also very important that you are not feeding your hamster only sunflower seeds and corn. Unfortunately, most commercial food mixes for hamsters contain mainly just these two ingredients. While sunflower seeds and corn are both hamster-safe foods, they contain high amounts of fat and can easily lead to obesity.



You should feed your hamster once a day either in the morning or at night. It is not advised to feed your hamster during the day because they will most likely be sleeping but if you feed your hamster at roughly the same time each day, it will be fine. You should feed your hamster about 1 tablespoon of food per day (unless instructed otherwise by a vet). You may notice that all the food is gone but that doesn't necessarily mean that your hamster ate it all. Hamsters are known to stuff food in their cheek pouches and/or store food in their burrows. You can give your hamster hamster-safe treats however you want to make sure that you don't give them too



many treats as this can lead to obesity. Once a day is probably fine if the treats are small, however you won't want to do more than once a day.



All hamsters from Gretta's Hamster Rescue come with food dishes, as well as a full bag of the Kaytee Fiesta Gourmet Variety Diet food and a small Ziploc bag of mealworms. Just like sand and bedding you will need to buy more food throughout your hamster's life. We highly recommend that you continue to give your hamster fresh fruits and vegetables at least 3 times a week. GHR advises that you continue with the Kaytee Fiesta Gourmet Variety Diet food and mealworms as this is what the hamsters are used to and it is a very easy food to give your hamster. However, homemade food mixes or other brands of food mixes can be just as beneficial to a hamster. It is important to not change your hamster's food very often because that could lead your hamster to become a very picky eater and can also cause stress to your hamster.