

# Rat Feeding



Below is what your new rat has been eating here at the SF SPCA. We suggest keeping the same diet in the beginning and gradually introducing new food over time. Avoid food that is designed for other small animals (e.g. guinea pigs, hamsters, rabbits). Stick to **rat food formulas** that do not contain seeds, nuts, or dyed elements. Remember to always have fresh water available for your rat in a water bottle designed for small animals. Remove uneaten food from your rat's enclosure every day.

## Daily Feeding Schedule

- 1/8 cup Oxbow adult rat pellets
- 1/2 cup mixed greens and veggies (see below for list of safe and unsafe foods)
- No more than 1 tablespoon of treats, such as nuts, fruit, or cereal (see below for list)

Please consult your veterinarian for your pet's long-term nutritional needs.

## Litter

Paper-based litters like Yesterday's News are best for rats because they cause relatively little dust. Rats have very sensitive respiratory systems so any litter that causes dust is a bad choice for your rat friends and their ability to breathe.

Never use clay-based or clumping litter.

### Rat Safe Vegetables

Asparagus  
Broccoli  
Brussels sprouts (cooked only)  
Butternut Squash  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Kale  
Lettuce  
Parsnips  
Pumpkin (cooked)  
Spinach  
Spring Greens  
Sweet Corn  
Sweet Peppers  
Turnip  
Zucchini

### Rat Safe Treats

Almond slivers  
Apple  
Apricots  
Banana  
Banana Chips  
Blackberries  
Blueberries  
Cheerios  
Cranberries  
Kiwi  
Melon  
Peach  
Pears  
Raspberries  
Strawberries  
Watermelon

### Unsafe Foods

Artichokes  
Blue Cheese  
Brussels Sprouts (raw)  
Cabbage  
Carbonated Drinks  
Carob  
Chocolate  
Dried Corn  
Fats from Meats  
Green Bananas  
Iceberg Lettuce  
Insects  
Licorice  
Onions  
Oranges  
Peanut Butter  
Poppy Seeds  
Potato Skins  
Raw Beans  
Raw Peanuts  
Sweet Potato (raw)  
Tofu