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

For more information call 1.415.554.3030 or visit us online at sfspca.org