

NOT ALL FOODS SAFE FOR RATTOS ARE ON THIS LIST. IF YOU ARE UNSURE, PLEASE ASK YOUR VETERINARIAN

RAT PACK SNACK SHEET

PART ONE



COMPREHENSIVE GUIDE TO EDIBLE FOODS FOR RATS



MIXED INGREDIENTS FOR HOMEMADE RAT FEED

- WHOLE BARLEY
- BIRCH SEED
- BRAN
- BUCKWHEAT
- BULGHUR WHEAT
- CANARY SEED
- CARROT SEED
- CYPRESS SEED
- RED DARI
- WHITE DARI
- GRASS SEED
- COCKSFOOT SEED
- GROATS
- HEMP SEED
- LARCH SEED
- GOLDEN LINSEED
- LINSEED
- LOCUST BEAN
- JAPANESE MILLET
- PANICUM
- RED PANICUM
- RED MILLET
- WHITE MILLET
- MING BEANS
- NIGER SEED
- OATS
- PADDY RICE
- BROWN PERILLA
- WHITE PERILLA
- PUMPKIN SEED
- MELON SEED
- BUTTERNUT SQUASH SEED
- SQUASH SEED
- BLACK RAPESEED
- RED RAPESEED
- BROWN BASMATI RICE
- SAFFLOWER
- SUNFLOWER HEARTS
- WHEAT
- WHEAT PILLOWS
- CHOPPED WHEAT BISCUITS
- POPPED CRISP RICE
- COUSCOUS
- BROWN LENTILS
- MULTIGRAIN PASTA
- PUFFED AMARANTH
- FLAKED PEAS
- RYE FLAKES
- SOYA FLAKES
- CORN PUFFS
- PUFFED RICE
- SPELT PUFFS
- BARLEY RINGS
- CONDITIONING CUBES
- AGNUS CASTUS BERRIES
- AJWAN SEED
- DRIED ARTICHOKE STALKS
- DRIED ASTRAGALUS ROOT
- DRIED BASIL
- DRIED BAY LEAVES
- BEE POLLEN
- DRIED BLACKBERRY LEAF
- BLUE MAW
- DRIED BURDOCK ROOTS
- DRIED CALENDULA FLOWERS
- CARAWAY SEED
- CELERY SEED
- DRIED CHAMOMILE FLOWERS
- CHIA SEED
- DRIED WHOLE CLOVES
- CORIANDER SEED
- DRIED CORNFLOWERS
- CUMIN SEED
- DRIED DANDELION ROOT
- DELICHA SEED
- DILL SEED
- DRIED ECHINACEA
- EVENING PRIMROSE SEED
- FENNEL SEED
- FENUGREEK SEED
- FONIOPADDY
- GARLIC PIECES
- GOLD OF PLEASURE
- DRIED HAZEL LEAVES
- DRIES HIBISCUS BLOSSOM
- DRIED PANSY
- DRIED MALLOW
- DRIED SAFFLOWER
- WHITE LETTUCE SEED
- DRIED LEMON BALM
- BLACK LETTUCE SEED
- MILK THISTLE SEED
- NIGELLA SEED
- PAGIMA GREEN
- DRIED PLNTAIN LEAVES
- WHITE QUINOA
- DRIED RASPBERRY LEAF
- DRIED RED CLOVER BLOSSOMS
- DRIED ROSE PETALS
- SESAME SEEDS
- STAR ANISE
- WHITE DEAD NETTLE LEAF
- DRIED ESCARGOT PEARLS
- DRIED ANT EGGS
- DRIED BLOODWORM
- DRIED CRICKETS
- DRIED DAPHNIA
- DRIED EARTHWORMS
- DRIED GAMMORUS SHRIMP
- DRIED MEALWORMS
- DRIED SILKWORM PUPAE
- DRIED LOCUST
- DRIED SCORPION
- DRIED ZEBRA SPIDER
- DRIED BUFFALO WORMS
- TUBIFEX
- DRIED WHOLE FISH
- DRIED ELDERBERRIES
- DRIED GOJI BERRIES
- DRIED HAWTHORN BERRIES
- DRIED JUNIPER BERRIES
- DRIED ROSEHIPS
- DRIED ASPARAGUS
- FREEZE DRIED BLACKBERRIES
- FREEZE DRIED RASPBERRIES
- FREEZE DRIED STRAWBERRIES
- DRIED BUTTERNUT SQUASH
- DRIED ROSEMARY
- DRIED MIZUNA
- DRIED TURNIP
- DRIED AUBERGINE
- DRIED SWEET PEPPER
- DRIED BROCCOLI
- DRIED CAULIFLOWER
- DRIED KALE
- DRIED COURGETTE
- DRIED CELERY
- DRIED STRAWBERRY
- DRIED ROCKET
- DRIED LAVENDER
- DRIED CUCUMBER
- DRIED CHESTNUT MUCHROOMS
- DRIED BUTTON MUSHROOMS
- DRIED WILD MUSHROOMS
- DRIED SWEDE
- DRIED PAK CHOI
- DRIED LEMON THYME
- DRIED CORIANDER
- DRIED BROCCOLI STALK
- DRIED CAULIFLOWER STALK
- DRIED SEAWEED
- BRAZIL NUTS
- CASHEW NUTS
- HAZELNUTS
- TIGERNUTS
- WALNUTS
- APPLE CUBES
- DICED APRICOT
- DRIED COCONUT CURLS
- DRIED BANANA
- DRIED CRANBERRIES
- DRIED CURRANTS
- DRIED DATES
- DRIED PAPAYA
- DRIED PINEAPPLE
- RAISINS
- SULTANAS
- COCOA
- 24KT GOLD LEAF FLAKES
- PURE SILVER FLAKES

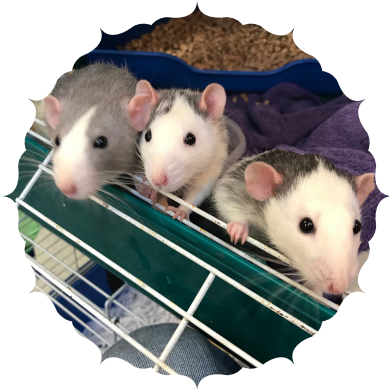
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PART TWO



COMPREHENSIVE GUIDE TO EDIBLE FOODS FOR RATS



SAFE FOODS FOR RATS



MEATS INCLUDING BONES
*FREEZE BEFORE FEEDING IF
FEEDING RAW*

- BISON
- CARABAO
- CATTLE
- WATER BUFFALO
- YAK
- ALPACA
- LLAMA
- CAMEL
- GOAT
- RABBIT KANGAROO
- SHEEP
- PIG
- MOOSE
- DEER
- ELK
- CHICKEN
- DUCK
- GOOSE
- TURKEY
- QUAIL
- PARTRIDGE
- PHEASANT
- PIGEON
- GROUSE
- GUINEA FOWL
- OSTRICH
- ALLIGATOR
- CROCODILE

OFFAL *FREEZE BEFORE FEEDING IF
FEEDING RAW*

- HEART
- LUNGS
- KIDNEYS
- LIVER
- EYES
- TENDONS

EGGS *BIRD EGGS ARE BEST GIVEN
RAW OR BOILED IN SHELL FOR
ENRICHMENT

- ANT
- CHICKEN
- DUCK
- EMU
- GROUSE
- GULL
- OSTRICH
- PARTRIDGE
- PHEASANT
- TURKEY
- QUAIL
- WASP EGGS

FISH *CAN BE GIVEN COOKED OR
RAW. IF RAW THE FISH MUST BE
FROZEN BEFORE HAND TO ABOLISH
BACTERIA*

- BASA
- BASS
- BLACK COD/SABLEFISH
- BLOWFISH

FISH CONT.

- BLUEFISH
- BOMBAY DUCK
- BREAM
- BRILL
- BUTTER FISH
- CATFISH
- COD
- DOGFISH
- DORADE
- EEL
- FLOUNDER
- GROUPE
- HADDOCK
- HALIBUT
- HERRING
- ILISH
- JOHN DORY
- KINGFISH
- LAMPREY
- LINGCOD
- MACKEREL
- MAHI MAHI
- MONKFISH
- MULLET
- ORANGE ROUGHY
- PATAGONIAN TOOTHFISH
- PIKE
- POLLOCK
- POMFRET
- POMPANO
- SALMON

FISH CONT.

- SEA BASS
- SHAD
- SKATE
- SNAKEHEAD
- SNAPPER
- SOLE
- STURGEON
- SURIMI
- SWORDFISH
- TILAPIA
- TILEFISH
- TROUT
- TUNA
- TURBOT
- WAHOO
- WHITEFISH
- WHITING

FISH EGGS *ROE CAN BE FED RAW*

- CAVIAR (STURGEON ROE)
- IKURA (SALMON ROE)
- KAZUNOKO (HERRING ROE)
- LUMPFISH ROE
- MASAGO (CAPELIN ROE)
- SHAD ROE
- TOBIKO (FLYING-FISH ROE)

CRUSTACEANS *CAN BE GIVEN
COOKED OR RAW. MOST ARE VERY
TOUGH SO SOME SMASHING WITH
A HAMMER MAYBE REQUIRED*

- DUNGENESS CRAB
- MUD CRAB
- SAND CRAB
- KING CRAB
- SNOW CRAB
- CRAYFISH
- LOBSTER
- AMERICAN LOBSTER
- ROCK LOBSTER
- RED LOBSTER
- SHRIMP/PRAWNS

MOLLUSCS *CAN BE GIVEN COOKED
OR RAW*

- COCKLE
- CONCH
- CUTTLEFISH
- LOCO
- MUSSEL
- OCTOPUS
- OYSTER
- PERIWINKLE
- SCALLOP
- SQUID

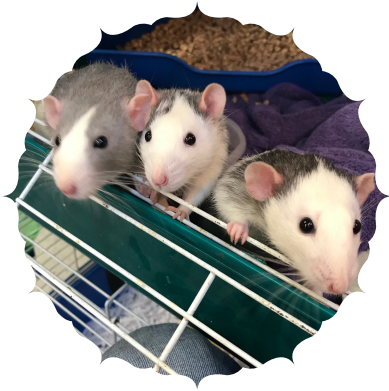
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PART THREE



COMPREHENSIVE GUIDE TO EDIBLE FOODS FOR RATS



SAFE FOODS FOR RATS

LIVE INVERTEBRATE *FARMED INSECTS MARKETED FOR REPTILES ONLY. WILD INSECTS CAN BE HARMFUL*

- BAMBOO WORM
- BLOODWORMS
- BUTTERWORMS
- CALCIWORMS
- CHAPALINES
- COCKROACHES
- CRICKETS
- EARTHWORMS
- FRUIT BEETLE GRUBS
- GRASS HOPPER
- GIANT WATER BEETLE
- HORNWORMS
- MEALWORMS
- MORIOWORMS
- SILKWORMS
- WITCHETTY GRUB

TINNED CREATURES

AVAILABLE MARKETED FOR REPTILES

- SNAILS
- CATERPILLARS
- RIVER SHRIMP

DRIED CREATURES

- ANTS
- BLOODWORMS
- COCKROACHES
- CRICKETS
- CICADAS

DRIED CREATURES CONT.

- EARTHWORMS
- GRASSHOPPER
- LOCUSTS
- MEALWORMS
- MORIOWORM
- RHINO BEETLE
- SCORPION (VENOM IS KILLED IN DRYING PROCESS)
- TERMITES

MILKS *FULL FAT COCONUT MILK AND COCONUT CREAM ARE TO KEEP AROUND FOR RATS WHO HAVE LOST WEIGHT VIA SICKNESS*

- SKIMMED COCONUT MILK
- COCONUT MILK
- RICE MILK
- OAT MILK
- HEMP MILK
- HAZELNUT MILK
- ALMOND MILK
- BRAZIL NUT MILK
- SOYA MILK
- COWS MILK
- PUPPY MILK
- GOAT MILK
- SHEEP MILK
- CAMEL MILK
- ELK MILK
- PEANUT MILK
- BARLEY MILK
- SPELT MILK
- LUPIN MILK

MILK CONT.

- PEA MILK
- CHIA MILK
- FLAX MILK
- QUINOA MILK
- SESAME MILK
- SUNFLOWER MILK

OTHER DRINKS *TO BE GIVEN IN MODERATION*

- CAMOMILE TEA
- ECHINACEA TEA
- COCONUT WATER
- ALOE DRINK
- BEAPHAR CARROT DRINK

OILS *CAN BE USED TO COOK WITH OR CAN BE DRIZZLED OVER FOOD*

- OLIVE
- SALMON
- COD
- CALAMARI
- COCONUT
- LINSEED
- HEMP

FRUITS, VEGETABLES AND OTHER FOODS *REMOVE PITS. NO CITRUS

FRUITS FOR MALE RATS*

- APPLES
- BANANAS
- PEARS
- APRICOTS
- AVOCADOS (NO SKIN OR STONE)
- BLACKBERRIES
- BLUEBERRIES
- BOYSENBERRIES
- BROCCOLI
- BUTTERNUT SQUASH
- CANTALOUPE
- CARROTS
- CAULIFLOWER
- CELERY
- COOKED SWEET POTATOS
- CORN
- GRAPES
- GREEN BEANS
- GREEN PEPPERS
- HONEYDEW MELONS
- MASHED POTATOES
- MELONS
- PAPAYA
- PLUMS
- PEACHES
- POMEGRANATES
- PUMPKINS
- RASPBERRIES
- RED PEPPERS
- SQUASH
- STRAWBERRIES
- PEAS
- BREAD
- TURNIP
- RADISH
- SOY BEANS
- SPRING GREENS
- ROMAINE LETTUCE
- PRUNES
- PARSNIPS
- OLIVES
- NECTARINES (GIRLS ONLY)
- LEEK (SMALL AMOUNTS)
- KIWI (MINIMUM, NO SKIN)
- KIDNEY BEANS (COOKED ONLY)
- CUCUMBER
- COCONUT
- CHICK PEAS (NOT RAW)
- BRUSSEL SPROUTES (COOKED)
- BEETROOT
- BLACKCURRANTS
- ASPARAGUS
- AZUKI BEANS
- BAMBOO
- CHERRIES (NO STONE)
- GALA MELON
- FIGS (SMALL AMOUNT)
- EGGPLANT (AUBERGINE)
- DATES
- MANGO (GIRLS ONLY)
- SPINACH
- WATERMELON