

ONGOING BETTA FISH CARE

FEEDING

BETTA FISH DIET

Betta fish are carnivorous animals. In the wild, betta fish feed on small insects and larvae on the water's surface. This means the fish food you choose should be meat based. The best food to buy is a betta-specific pellet. Often some of the standard tropical fish flakes will not match the dietary requirements of a betta fish. Check the back of the food label, the first few ingredients should be meat based and the protein percentage should be approximately 40% (more is better).

There are some foods which can be used as a treat for your betta, but should be part of a balanced diet. Two great choices are freeze-dried or frozen bloodworms and freeze-dried or frozen shrimp – both should be available at your local pet store. Try to avoid over-treating. Once a week will help avoid bloating and keep your betta fish healthy.

HOW OFTEN SHOULD I FEED MY FISH?

2-3 medium sized pellets in the morning and 2-3 pellets at night should be sufficient. Making these feeds around 12 hours apart and at the same time each day will help you and your betta get in a routine.

Be careful of overfeeding! This is a very common mistake which can lead to bloating which can then lead to serious health problems for your betta fish. Keep in mind a betta fish's stomach is not much larger than its eye – so it's very easy to overfeed.