



Perth
Rat
Rescue &
Rehab



Safe Foods for Rats

Your Rat's diet is possibly the most important aspect of keeping a healthy and active Rat while reducing the risks of health problems due to unbalanced nutrition. There are a large amount of diseases that can be avoided or at least reduced by feeding your pet a balanced and vitamin efficient diet.

Rats generally do not require more than around 15% of their diet to be protein unless you have a pregnant, lactating or growing rat at which point their diet can consist of around 25% protein to help promote growth. Too much protein can lead to a variety of problems including skin allergies.

Your Rat's main diet should consist of Rat cubes as these have a variety of nutritional needs in one block. The problem with feeding your Rat only seed mixes is that they can pick and choose which seeds they will eat resulting in an unbalanced diet. The Rat cubes (also called lab blocks) have a variety of seeds and vitamins all contained in the one cube so Rats must eat all of the combined ingredients ensuring a more balanced diet however we do not recommend that the Rat cubes become the only food offered as there is no way to be 100% sure that they are getting all of their nutritional needs met because there is no information regarding what ingredients are contained within the cubes (we have not, as yet, come across any Rat cubes sold commercially that list any ingredients on their packaging) however the Rat & Mouse cubes that are offered at The Water Bowl do include a calculated analysis to help you provide a balanced diet to your Rat.

The range of additional foods that you can add to your Rat's diet, supplementing the Rat cubes includes food groups such as fresh fruit and vegetables like:

- Apple
- Carrots
- Bananas
- Tomatoes
- Cucumber
- Plus many more which are available to view on our web site found at www.prrr.org

You can also use grains, seeds, flours and some protein foods to help maintain a healthy and active Rat. Some of these food include:

- Cooked chicken , lean red meat and chicken bones (all protein foods)
- Cheese can also be offered occasionally especially good for pregnant and nursing females as it is high in calcium and protein. Not all Rats will accept cheese.
- Yoghurts containing probiotics, especially good for Rats that are undergoing antibiotic treatments.
- Nuts & seeds
- Psyllium.
- Pumpkin Seeds
- Safflower Seeds
- Watermelon Seeds
- Corn
- All types of cereals
- Rice (cooked – preferably brown rice)
- Wheat

If you feed your Rat processed foods it is advisable to limit these foods as they generally contain preservatives, colour enhancers and high salt levels which are not good for your Rats.

We have a more comprehensive list of foods that your Rat can enjoy on our web site, www.prrr.org

Please view the other side of this page for food that should be avoided or limited due to toxicity.

Conitued Over

Unsafe Food For Rats

Although Rats have a reputation for eating anything and everything this could not be further from the truth. Rats are very intelligent animals and in the wild will avoid many foods they find due to the possibility of illness from eating certain foods however the domestic Rats that no longer pick and choose their own foods have to eat what is given to them which can sometime lead to poisoning and illness because the foods we have offered are not suitable for our pets.

Foods not to feed Rats or give with caution.

Alfalfa.	May cause hypersensitivity illness.
Apple Seed & Fruit Pits Raw Lima & Kidney Beans	Contains cyanide compounds, as do practically all seeds in fruits
Avocado	Both skin and pit contain toxins.
Carbonated Drinks	Rats can not burp. Artificial sweeteners are nearly all carcinogenic. Alcohol is poisonous to rats.
Corn/ Sweet Corn.	Aflatoxins are produced by moulds which favor corn. Corn should be given fresh to rats.
Lettuce.	Generally of low food value and high moisture/water content. Lettuce regularly in diet may lead to diarrhoea and subsequently dehydration.
Millet	Contains cyanide producing compounds
Morning glory	Hallucinogenic
Orange Rind.	Contains d-limonene, has proven to be carcinogenic to male rats.
Peanut Butter.	May stick to the roof of their mouths, and they can choke.
Periwinkle	Considered to be hallucinogenic to rats.
Sweeteners	Toxic sweeteners Aspartame (NutraSweet, Equal) The word Aspartame may not appear on the label, but the phrase "Phenylketonurics: Contains Phenylalanine" appears instead. They are considered carcinogenic and are found in a wide variety of drinks and processed foods. Sucralose (Splenda), Cyclamates, Saccharin.
Table Scraps	Are suitable, providing they are predominantly vegetables and plain cooked. Avoid table scraps that are fatty or cooked with oil, or cooked with salt and spices. Fatty foods will make our couch potatoes (rats) overweight, and they do not metabolise most spices well.
Wild insects	Wild insects may be a good source of protein for rats, but are often carriers of various diseases or harbour harmful bacterium which the rat will ingest along with the insect. Many other forms of safe protein are available without the high risk of contracting disease as would be the case with insect ingestion.

To see the full list of foods to avoid or restrict please visit our web site at www.prrr.org