Nutrition and Feeding for Golden Hamsters

Drs. Foster & Smith Educational Staff

Hamsters should have a simple diet of hamster pelleted food or blocks, fresh vegetables, hay and small amounts of fruit. Purchase the hamster food in small quantities so it remains fresh, and keep in mind that hamsters will only eat about a tablespoon of pelleted food each day. The hamster food should be supplemented daily with small amounts of fresh vegetables such as carrots, cabbage, celery, cauliflower and broccoli. Fresh fruits should only be given in very small amounts as treats. A handful of timothy hay should also be given two or three times a week.

Hamster owners should also remember to avoid feeding their furry friends raw beans, potato eyes, iceberg lettuce, citrus fruits, green potatoes, tomatoes, garlic, chocolate, and sugary or salty foods.

Give commercial hamster treats sparingly.

Since hamsters are nocturnal, it is best to feed them at dusk, when they wake up.

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