

\*\*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

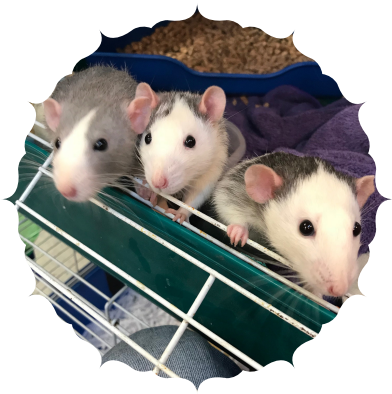
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PART TWO



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
- GROUPER
- 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
- OCTOPIUS
- OYSTER
- PERIWINKLE
- SCALLOP
- SQUID

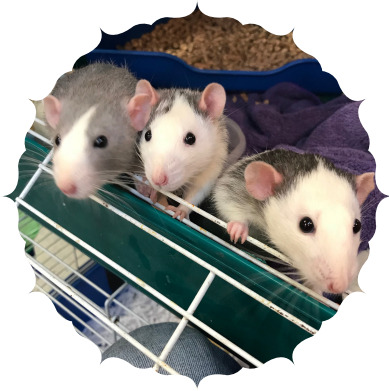
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# RAT PACK SNACK SHEET

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