

# Safe Foods for Hamsters

## Grains

<b>Hamster Pellets</b>	High-quality hamster pellets are specifically formulated to meet their dietary needs
<b>Oats</b>	Plain, dry oats are a good source of fiber
<b>Barley</b>	Provides variety in their diet
<b>Whole Wheat</b>	Small amounts can be given
<b>Brown Rice</b>	A small amount can be provided as a treat

## Vegetables

<b>Carrots</b>	A favorite of many hamsters, but in moderation due to sugar content
<b>Broccoli</b>	Rich in vitamins and fiber
<b>Cucumbers</b>	A hydrating treat
<b>Bell Peppers</b>	High in vitamin C and crunchy.
<b>Zucchini</b>	A mild, hydrating vegetable
<b>Peas</b>	Cooked, plain peas are appreciated
<b>Spinach</b>	In moderation due to oxalates

## Fruits

<b>Apples</b>	Remove seeds and core, and offer in small, bite-sized pieces
<b>Bananas</b>	A small slice is a sweet treat
<b>Blueberries</b>	High in antioxidants
<b>Strawberries</b>	Provide vitamin C
<b>Raspberries</b>	A small amount can be given occasionally
<b>Pears</b>	Remove seeds and core, and offer in moderation

## Foods to Avoid

<b>Citrus Fruits</b>	Avoid oranges, lemons, and other citrus fruits as they are too acidic for hamsters
<b>Avocado</b>	Contains substances that can be toxic to hamsters
<b>Grapes</b>	Can be a choking hazard and contain high sugar levels
<b>Cherries</b>	The pits can be toxic, and they're also a choking hazard
<b>Sugary or Salty Foods</b>	Avoid sugary treats, candies, and salty snacks, as they can harm your hamster's health
<b>Onions and Garlic</b>	These can be toxic to hamsters and should be avoided
<b>Almonds and Other Nuts</b>	High in fat and can be a choking hazard
<b>Chocolate</b>	Extremely toxic to hamsters

Always introduce new foods gradually to see how your hamster reacts, and remove any uneaten perishable foods from the cage to prevent spoilage. Additionally, provide fresh water daily, as hamsters need to stay hydrated. Keep in mind that individual hamsters may have different preferences, so pay attention to what your hamster enjoys and adjust their diet accordingly. Check out our [Hamster Food Recommender](#).

