

Safe Foods for Rats

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VEGETABLES

Adzuki beans (Sprouted, raw, canned or boiled)

Asparagus

Aubergine/Eggplant (Bitter when raw)

Avocado (No Skin or Seed)

Bamboo shoots

Bean Sprouts

Beetroot

Black radish

Bok Choy/Pak Choi

Board Beans (Canned or Boiled)

Broccoli

Broccolini

Brussel sprouts (Cooked)

Butternut Squash (Raw or Cooked)

Calabash

Cannellini beans (Canned or Boiled)

Carrots

Cauliflower

Celeriac

Celery

Chick peas (Roasted, sprouted, Canned, Boiled)

Chicory

Clover leaf

Coconut

Collard greens

Courgette/Zucchini (Bitter when raw)

Cress

Cucumber

Daikon Radish

Dandelion leaves

Dragon Carrot

Dulse

Eggplant (cooked or Raw)

Endive (IN MODERATION)

Fennel

French beans (Cooked)

Gala

Garlic(raw or cooked)

Globe artichoke

Green beans (Cooked)

Haricot beans (canned or cooked)

Jerusalem artichoke

Jicama

Kai Lan

Kale

Kohlrabi
Kidney beans (canned or boiled)
Leek (COOKED)
Lentils (raw, cooked, sprouted)
Lettuce (SMALL AMOUNT)
Lotus Root
Mange trout
Marrow (more palatable when cooked)
Mung beans (spouted, raw, canned, boiled)
Nopal
Oca
Okinawan (cooked only)
Okra
Olive
Onion (Cooked)
Parsnips (more palatable when cooked)
Peas
Peppers
Potato (White Potato is safe raw but remove any skin that appears green and remove eyes)
Pumpkin
Radish
Red Cabbage
Red onion
Rocket
Romanesco
Runner bean (COOKED)
Salsify
Saltwort
Samphire
Savoy cabbage
Shallot
Soya Beans (canned, boiled or fermented)
Spring greens
Spring onion
Spinach
Swede
Sweet chestnuts (COOKED)
Sweetcorn (fresh, frozen, on the cob, canned)
Sweet peppers
Sugar snap pea
Swiss Chard
Tomatillo
Turnip
Water chestnut
Watercress
White Asparagus
Yardlong bean

FRUIT

Apple (Remove seeds)
Apricots (No stone)
Banana
Cantaloupe
Cherries (No stone)
Chocolate pudding fruit (No stones)
Damsons (No stone)
Dates (No stone)
Dragon fruit
Figs (No stone)
Grapes (All colours)
Guava
Kiwi
Melon
Nectarines (No stone)
Honeydew Melon
Passion fruit
Peach (No stone)
Pears
Physalis
Papaya
Pineapple
Plums (None stone)
Pomegranate
Prickly pear (Peel first)
Prunes (No stone)
Raisins
Star fruit
Tomato All varieties
Watermelon
Mango (Females only) females only
Oranges (peeled & washed) females only
Grapefruit (peeled & washed) Females only

BERRIES

Bill berry
Blueberries
Blackberries
Cranberries
Loganberries (Leaves are safe)
Raspberries
Strawberries
Elderberries

Goji berries
Gooseberry
Hawthorn
Juniper
Mountain ash

MUSHROOMS

*CAUTION - These mushrooms are both safe for people and rats but great caution must be taken if you choose to risk picking your own, I only recommend this if you are an expert or if you have an expert on hand to ensure you don't select the wrong ones.

Button mushrooms
Chestnut mushrooms
Lion Mane/bears tooth
Aborted entoloma
Shaped puffball
Blewit
Velvet foot
Shaggy manes
Pink/meadow bottoms
Brown honey/Stumper
Hen of woods
Oyster
Chicken of woods
Reddening lepiota
Deer/fawn
Chicken foot
Woodears
Gilled bolete
King bolete
Green quilted russula
Purple Gilled laccaria
Angel wings
Red cracked bolete
Orange latex milky
Man on horseback
Sweet tooth
Shaggy parasol
Lobster mushroom
Black trumpets
Pheasant backs
Late fall oysters

HERBS

*Raw or Cooked

Basil
Parsley
Dill
Coriander
Sage
Tarragon
Saffron (Very Expensive)
Echinacea/Purple Cone Flower
Dandelion (Flower and Leaves)
Mint
Thyme
Oregano
Chervil
Chives
Rosemary
Shiso

EDIBLE FLOWERS

* Beware of pesticides, best to grow your own

Apple blossoms
Basil flowers
Biennial Clary flowers
Busy Lizzie
Cape jasmine
Carnations
Coriander flowers
Cornflowers
Courgette flowers
Dandelion flowers
Dill flowers
Echinacea flowers
Evening primrose flowers
Feijoa sellowiana flowers
Fennel flowers
Fuchsia flowers
Gladiolus flowers
Hibiscus blossoms
Hollyhock flowers
Hyssop flowers
Japanese basil flowers

Lavender flowers
Lemon balm flowers
Lilac flowers
Marigold flowers
Marrow flowers
Mint flowers
Bergamot flowers
Mooli radish flowers
Nasturtium leaves and flowers
Spring onion flower
Oregano flowers
Ornamental Kale flowers
Pansy flowers
Vegetable pea flowers
Pumpkin flowers
Purple radish flowers
Rocket flowers
Rose flowers
Rosemary flowers
Sage flowers
Salsify flowers
Scented pelargonium flowers
Squash flowers
Strawberry flowers
Sunflower flowers
Sweet cicely flowers
Sweet mace flowers
Sweet Marjoram flowers
Sweet rocket flowers
Viola flowers
Yucca flowers

NUTS

Almonds
Walnut
Brazil nut
Hazelnut
Peanut (Roasted Only)
Cashew
Pecan
Macadamia
Tiger nut (Actually a root)

SAFE SEEDS, GRAINS, CEREALS

Sunflower seeds
Birch seed
Canary seed
Carrot seed
Cypress seed
Red dari
White dari
Hemp seed
Larch seed
Linseed
Golden linseed
Panicum millet
Red panicum millet
Red millet
Japanese millet
Corriander seed
Cumin seed
Delicha seed
Dill seed
Evening primrose seed
Fennel Seed
Milk thistle see

MEATS

*Including bones - Often these are available for free from traditional butchers. (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
Guineafowl
Ostrich
Alligator
Crocodile
Horse

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
Fish
Chicken
Duck
Turkey
Quail
Ostrich
Emu

FISH

*Fish can be given cooked or raw. If given raw the fish must be frozen beforehand to abolish bacteria.

Basa
Bass
Black cod/Sablefish
Blowfish
Bluefish
Bombay duck
Bream
Brill
Butter fish
Catfish
Cod
Dogfish
Dorade
Eel
Flounder
Grouper
Haddock
Halibut
Herring
Ilisch
John Dory
Kingfish
Lamprey
Lingcod
Mackerel
Mahi Mahi
Monkfish
Mullet
Orange roughy
Patagonian toothfish
Pike
Pollock
Pomfret
Pompano
Sablefish
Salmon
Sanddab
Sardine
Sea bass
Shad
Skate
Snakehead

Snapper
Sole
Sturgeon
Surimi
Swordfish
Tilapia
Tilefish
Trout
Tuna
Turbot
Wahoo
Whitefish
Whiting

FISH EGGS/ROE

*Roe can be given 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
Spiny lobster
Red lobster
Shrimp/Prawns

MOLLUSCS

*Can be given cooked or raw.

Cockle
Conch
Cuttlefish
Loco
Mussel
Octopus
Oyster
Periwinkle
Scallop
Squid

LIVE INVERTEBRATE

*Farmed insects marketed for reptiles only. Wild insects can be harmful.

Bloodworms
Butterworms
Chapulines
Calciworms
Cockroaches
Crickets
Earthworms
Fruit beetle grubs
Grass hopper
Hornworms
Locusts
Maguey worms
Mealworms
Morioworms
Silkworms

TINNED CREATURES

*Available marketed for reptiles

Snails
Caterpillars
River shrimp

CREATURES DRIED

Ants
Bloodworms
Cockroaches
Crickets
Earthworms
Grass hopper
Locusts
Mealworms
Morioworms
Scorpion (Venom is killed in drying process)

MILKS

*Full fat coconut milk and coconut cream are good to keep around for rats who have lost weight due to 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
Pea milk
Chia milk
Flax milk
Quinoa milk
Sesame milk
Sunflower milk

HERBAL/FRUIT/ FLOWER TEAS

*Many herbal teas have health benefits, so it is wise to research ahead to see what teas could help which needs. - Not to replace veterinary care -

Camomile tea
Bright Eye tea
Coltfoot tea
Echinacea tea
Lemongrass tea
Lemonbalm tea
Lemon verbena tea
Burdock root tea
Comfrey tea
Damiana tea
Dandelion leaf tea
Egyptian mint tea
Elecampane tea
Elderflower tea
Fennel tea
Hibiscus tea
Hyssop tea
Lavender flower tea
Limeflower tea
Milk thistle tea
Nettle tea
Peppermint tea
Plantain tea
Rose petal tea
Rosehip tea
Raspberry leave tea
Sage tea
Ginger tea
Kale tea
wild cherry tea
Rooibos tea
Green tea
White tea

OTHER DRINKS

*To be given in moderation.

Aloe Vera water

Coconut water

Birch sap/water

Beaphar carrot drink *now Beaphar Tummy Care

OILS

*Can be used to cook with or can be drizzled over food.

Olive

Salmon

Cod

Calamari

Coconut

Linseed