How Fish Food Quality Affects Water Quality

Drs. Foster & Smith Educational Staff

intermediate

quality foods for better water quality

Overfeeding is the most common cause of poor water quality. However, the type and quality of the food is just as important as the amount of food you give your fish. Food type and quality have a direct effect on water quality. Learn how to choose the right foods to promote aquarium water quality.

READ THE LABELS

First, read labels to determine which food is right for your particular aquarium inhabitants. For carnivores, look for foods with fishmeal, squid meal, whitefish meal, anchovy meal, shrimp meal, blood meal, or herring meal as the first ingredient. For herbivores, look for a diet high in real vegetable matter, with ingredients like spirulina, kelp and chlorella algae. Plant-eating fish that are fed only animal-based foods will have difficulty digesting and obtaining vital nutrients. The same is true of strictly carnivorous fish that are fed only plant-based materials. In addition to nutritional deficiencies, poorly digested or undigested foods break down and release organic pollutants such as ammonia and phosphate to compromise water quality.

NUTRITIONAL VARIETY

Secondly, incorporate freeze-dried and frozen foods to your feeding regimen. These nutritional foods help replicate a natural diet, provide essential nutrients, and do not contain unnecessary ingredients. The benefit to your entire system is that you'll have healthier inhabitants and less waste that can compromise water quality. Freeze-dried and frozen foods are available for carnivore, omnivore, or herbivore fish and provide optimum nutrition.

Q What is ingredient splitting?

A. This is a food-label tactic where an ingredient such as wheat is split into more than one type. For instance, fishmeal may be the first ingredient, which suggests fishmeal is the primary ingredient. But then you see both wheat meal and wheat germ as the next two ingredients. Together, these two grain sources may surpass the fishmeal content.

WHEN SELECTING FOOD for your aquarium inhabitants, consider the manufacturer. Well-respected companies

*Unauthorized use of any images, thumbnails, illustrations, descriptions, article content, or registered trademarks of **Foster & Smith, Inc.** is strictly prohibited under copyright law. Site content, including photography, descriptions, pricing, promotions, and availability are subject to change without notice. These restrictions are necessary in order to protect not only our copyrighted intellectual property, but also the health of pets, since articles or images that are altered or edited after download could result in misinformation that may harm companion animals, aquatic life, or native species.*

WHEN CHOOSING FOOD for your aquarium inhabitants, consider the manufacturer. Well respected companies are usually your best bet when choosing a fish food brand. Beware of the no-name inexpensive dry foods, as they are usually of questionable quality. Also, look for improved formulations that offer low-waste, highly digestible food options or single ingredient food items to ensure quality nutrition.

*Unauthorized use of any images, thumbnails, illustrations, descriptions, article content, or registered trademarks of **Foster & Smith, Inc.** is strictly prohibited under copyright law. Site content, including photography, descriptions, pricing, promotions, and availability are subject to change without notice. These restrictions are necessary in order to protect not only our copyrighted intellectual property, but also the health of pets, since articles or images that are altered or edited after download could result in misinformation that may harm companion animals, aquatic life, or native species.*