Aquarium Fish Nutrition is in the Ingredients

Drs. Foster & Smith Educational Staff

your FISH is what it EATS

IN ORDER TO FEED your fish a proper and nutritious diet it is helpful to understand what you're actually feeding them. Below are some common ingredients found in fish food and their benefits. Remember, the higher up on the list of ingredients on the label, the more of that ingredient there is in the food.

wheat germ meal: Wheat germ consists of germs of the wheat berry and can also contain bran and other parts of wheat. It is a common ingredient in fish food because wheat germ is highly nutritious and easily digestible, which means less waste in your aquarium. **EXAMPLE:** Hikari Cichlid Excel.

whole fish or fish meal: Carnivore foods often contain pieces of whole fish in pellet or flake form, or in whole form, such as brine shrimp. These fish pieces are a natural source of nutrition for carnivores and an easy way to provide dietary protein. Whole fish or cuttings are also turned into a powdered form called fish meal, which is a rich source of protein and Omega-3 and -6 fatty acids. **EXAMPLE:** Tetra Jumbo Krill.

biotin: Biotin is a water-soluble B-complex vitamin that helps metabolize fats and amino acids. It is added to fish food to help bolster fish metabolism and reduce waste. **EXAMPLE:** TetraMin Tropical Flakes.

Garlic Supplements offer added nutrition to the diet of aquarium fish. Fortify aquarium fish food with nutritious garlic to stimulate appetite and to help enhance general fish health.

spirulina: Spirulina, a blue-green algae, is added to fish food, particularly herbivore foods, to increase the vegetable content. It is full of protein, amino acids, and Vitamin B12. It also has high levels of carotene to help improve coloration.

garlic: Garlic has properties that repel ich and parasites in fish. It is also an antibacterial and antifungal supplement. Garlic also helps stimulate appetite and enhance general fish health. **EXAMPLE:** Ocean Nutrition Formula Two.

Popular Fish Food Categories

Frozen Foods

Tropical Foods

Marine Foods

Herbivore Foods

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