

# Nutrition & Feeding for Golden Hamsters

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Golden/Syrian Hamsters should have a simple diet of [hamster food](#), fresh fruits, and fresh vegetables. Be sure to purchase a quality food that includes small grains such as oats and barley, dried vegetables, peanuts, safflower seeds, and a minimum of sunflower seeds. **Do NOT use bird food.**

Buy food in small quantities so it stays fresh; your hamster will eat only about 1 tablespoon of food per day. Good hamster food is the staple of a healthy diet. Monitor your hamster to make sure he eats all the ingredients in his food, not selected ingredients only.



Supplement your hamster's food daily with small amounts of fresh vegetables - carrots, cabbage, celery, cauliflower, and broccoli are all great choices. Give fresh fruits as treats, and only in very small amounts. Also, give a handful of [Timothy Hay](#) 2-3 times a week. Avoid foods such as raw beans, potato eyes, iceberg lettuce, citrus fruits, green potatoes, tomatoes, garlic, chocolate, and sugary or salty foods.

Hamster [treats](#) are a wonderful addition to your pet's diet, but give them sparingly.

A vitamin supplement will ensure that your hamster receives all the necessary vitamins and minerals. This is especially important if your hamster is a finicky eater.

Since hamsters are nocturnal, it is best to feed them at dusk, when they wake up.