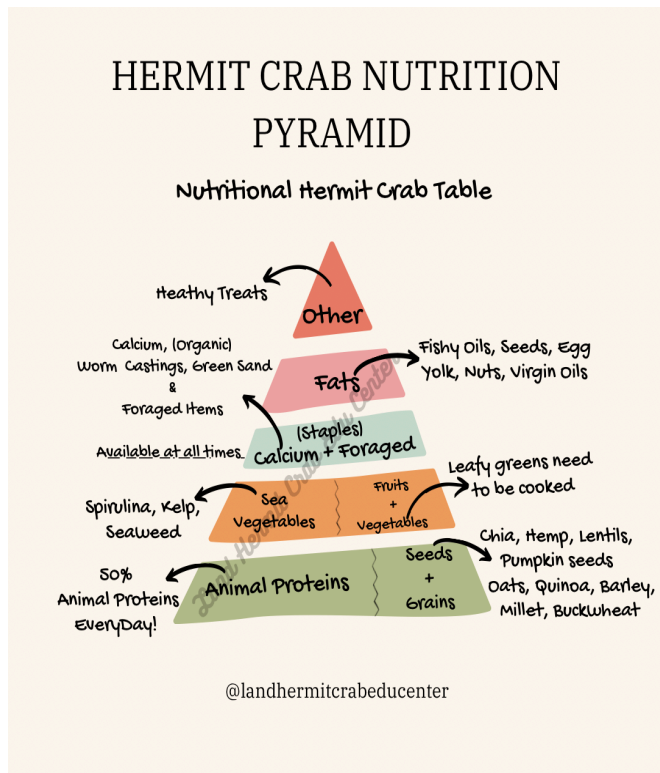


# Safe Food List

## Land Hermit Crab Edu Center



### Safe List

Alfalfa  
Almonds, crushed  
Aloe Vera (Asphodelaceae) **Offer in moderation**  
Amaranth (calcium)  
Anchovy oil  
Apple and natural, unsweetened apple sauce  
Apricot (fruit only)  
Artichoke (all)  
Asparagus  
Aspen (wood,leaves,bark)  
Avocado (flesh only)  
Baby foods (no added salt/sugar)  
Banana  
Barley (calcium)  
Beans (all-cooked)  
Beets  
Bell peppers (red, yellow, orange, green or purple)  
Bee pollen  
Berries (all varieties safe for human consumption)  
Bilberries/Huckleberries  
Blackberry fruit and leaves  
Bladderwrack  
Blueberries  
Bok choy  
Bone Meal (**no additives, preservatives**)  
Bones - **cooked or raw**  
Broccoli and leaves - **cooked**  
Brown rice  
Buckwheat  
Cantaloupe  
Carnation flowers  
Carrots (carotenoids)  
Carrot tops Cashews  
Cat Tails  
Cauliflower and leaves  
Celery leaves  
Chamomile flowers  
Chard  
Cherimoya/Custard Apperipe ( **fruit only**)

## **Cherry**

Chestnuts (**The kind for people. USA Horse Chestnuts are toxic but in the UK they call the regular Chestnuts Horse Chestnuts**)

Chia seeds and sprouts

Chickpeas

Cholla wood

Clams

Clover blossoms and leaves

Coconut and coconut oil

Cod liver oil

Collards (**calcium**)

Cork bark

Corn (**on the cob**)

Cornflower

Cornmeal

Cranberries

Crustaceans (**all shellfish must be cooked**)

Cucumber

Currants

Cuttlefish bone, powdered

Dandelion flowers, leaves and roots

Dates

Dragon Fruit

Eggs (**cooked or raw and shells**)

Elm

Escargot

Extra-virgin olive oil

Figs

Fish (**any type safe for human consumption**)

Fish Oil

Flax seeds and oil

Fowl (**chicken, turkey, duck, pheasant, game birds**)

Freekah

Frozen fish food (**algae, krill and brine shrimp**)

Fruit (**common fruits consumed by humans are safe**)

Garbanzos (**calcium**)

Goji Berries

Grape Leaf

Grapes

Grapevine (**vines and root**)

Green and red leaf lettuce or iceberg; **dark green**)

**(Green Beans**

Greensand

Hempseed

Hibiscus flowers

Hickory (**all parts**)

Hikari products: brine shrimp, krill, crab cuisine, sea plankton (**no preservatives, ethoxyquin, copper sulfate**)

Hollyhock flowers

Honeydew Melon

Honeysuckle (**flowers only, no leaves or stems**)

Huckleberries/Bilberries

Irish Moss

Impatiens flowers

Jasmine flowers

Kale

Kelp (**calcium**)

Kiwi

Lilac (**flowers, leaves and wood**)

Lobster with crushed exoskeleton

Magnolia Flowers ONLY

Mandarin Orange Fruit ONLY

Mango Fruit ONLY

Marigold flowers (**calendula**)

Marion Berries

May Apple (**Ripe fruit ONLY**)

Meat (**poultry, beef, pork, lamb etc**)

Melons (**all**)

Mice

Millet

Molluscs

Mulberry (**fruit, leaves, wood**)

Mushrooms

Mussels

Nasturtium flowers

Nettle (**wilted**)

Nopals (**prickly pear**)

Nuts (**all**)

Oak Leaves and bark

Oats

Okra

Olive and olive oil (**extra virgin**)

Oranges

Oysters (**zinc**) and shells (**whole or crushed with no sharp edges**)

**Pansy flowers and leaves**

Papaya

Parsley

Parsnip

Passionfruit

Peas

Peaches

Peanut butter (**avoid sugar, corn syrup and hydrogenated oils**)

Pears

Pecans

Pecan bark

Persimmon

Petunias

Pine nuts

Pineapple

Plain calcium carbonate powder

Plums

Pomegranate

Popcorn (**unseasoned, unflavored, unbuttered**)

Poplar (**wood,leaves,bark**)

Potato (**no green parts, including eyes**)

Prickly Pear (**shellfish must be cooked**)

Pumpkin (**seed, meat and guts**)

Quinoa (**New World grain – calcium**)

Raisins (**no sulphur dioxide**)

Raspberry

Red raspberry leaves

Rice (**puffed or well washed, cooked to remove arsenic**)

Rooibus

Rose petals

Rose hips

Royal Jelly

Salmon

Sand dollars

Sardines in water

Scallops

Sea biscuits

Sea fan (**red or black**)

Sea grasses

Sea salt

Sea sponges

Sea urchins

Sesame seeds

Shellfish (**must be cooked**)

Shrimp and exoskeletons

Spinach (**cooked**)

Spirulina

Sprouts (**flax, wheat, bean, alfalfa**)

Squash and blossoms

Strawberry and tops

Sunflower Seeds, flowers and leaves

Swamp cypress wood (**false cypress, taxodium**)

Sweet potato

Tahini

Tangerine

Timothy Hay

Tomato

Turmeric

Tuna

Turnip greens

Violet flowers

Venison

Walnuts-meat only

Watercress

Watermelon

Wheat grass

Wheat

Wheat germ

Whitefish

Whole Wheat Couscous

Worm Castings

Zucchini

**With flowers and plants pesticide free is a must.**

### **Proteins and lipids**

All meats, meat fats, domestic, fish, seafood (silversides, goldfish, clams, oysters, crab, shrimp,

tuna, salmon (skin and fat) bone marrow), nut meats, avocado (meat only), bamboo

stalks (not lucky bamboo), egg yolks, pumpkin seeds.

Oils (preferably cold pressed): coconut, olive, palm, sunflower, pumpkin seed

Alfalfa hay, broccoli, egg whites, flax seed, bloodworm, plankton, shrimp, kale, lentils, millet, rice, snap peas, soy

beans, spinach, wheat germ, quinoa, spirulina.

Benefit: growth, molting, fueling metabolic function, discourages cannibalism

### **Carotenoids, Zeaxanthin, Cellulose**

Tannin rich leaves, bark, cambium (inner skins) of oak, maple, mangrove root, some perennial leaves

(Burning Bush). Fresh fruits and vegetables that are orange/yellow/red/dark green: Squash, sweet potato, carrots,

corn, mango, blueberries, many flower petals (dry), spinach, fall foliage, bean sprouts, seaweed (especially

spirulina), moss, acorn meat, avocado meat (only), bell peppers (orange, yellow, red), brussel sprouts, cilantro,

collards, corn, corn meal, dandelion greens, egg yolk, grape leaves, romaine, papaya, parsley, peas, raspberry

**(leaves too)**, snap beans, pumpkin, pineapple, persimmon, peaches, passion fruit, microalgae, mango, apricot,

cantaloupe, chard, guava, shellfish, salmon, tomato. Astaxanthin is found in microalgae, yeast, salmon, trout, krill,

shrimp, crayfish, crustaceans, and the feathers of some birds.

Benefit: immune system, nervous system, color enhancement

### **Carbohydrates**

- Coconut, walnut, whole fish (like a dead goldfish), fish skin, animal fat, olive oil, some grass seeds, seeds, peanut
- butter. Fresh flower petals: roses, sunflower, crab apple blossom

### **Calcium**

Freeze dried brine shrimp, meal worms, blood worms, krill (fresh, frozen, freeze dried), sand dollars, starfish, sea

urchin, powdered oyster shells, cuttle bone, figs, microalgae, nuts, okra, quinoa, broccoli heads, amaranth, beans,

molasses, egg shells, milk, bone meal, seaweeds.

Benefit: healthy exo and other functions

### **Chitin**

Shrimp, crab, lobster, crawfish (shellfish should be boiled first), insect exoskeletons (such as cicadas), mushrooms.

Greensand, worm castings,

Hermit crabs missing one or both claws should be fed soft (liquid) foods that can be picked up by the

maxillipeds. Honey or molasses mixed with other foods is a good food for highly stressed crabs or clawless crabs but

only in a tiny drop. Generally speaking most foods are equally valuable and getting the hermit crab to eat is more

important than what it eats to begin with. Offering favorite foods to stimulate the appetite and fuel the metabolic

function is your starting point, from there begin to incorporate foods from all of the above groups so that the crab has

access to what its body needs to recover. Hermit crabs that are inactive and/or appear 'dry could be lacking something.

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### Note:

Some dry foods (**egg shells, grains, seeds, flowers, seaweed**) can be sprinkled into the crabitat to encourage foraging behavior.

**Greensand and worm castings should be available at all times.**

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**Here's a detailed safe food list for hermit crabs, broken down by category, with a focus on nutritional value and variety. These foods help support their health and well-being.**

#### - **Animal Proteins**

Hermit crabs need protein to grow and maintain their exoskeletons.

- **Dried/Cooked shrimp** – High in protein and calcium.

- Mealworms (**dried or dead,**) – Rich in protein and fats.

- Boiled eggs (**crushed shell included**)– Excellent calcium source.

- Cuttlefish bone– Great for calcium.

#### **Vegetables**

Fresh vegetables provide vitamins, minerals, and antioxidants.

- **Carrots** – High in beta-carotene, which enhances shell color.

- **Sweet potato**

Packed with fiber, beta-carotene, and energy.

- Kale

**Rich in vitamins A, C, K, and calcium. (Needs to be cooked)**

- **Zucchini**

Hydrating and full of essential vitamins.

- **Spinach**– Contains lutein and iron. **(Needs to be cooked)**

### **Seeds & Grains**

These are great for energy and nutritional balance.

- **Chia seeds** – High in omega-3 fatty acids and fiber.

- **Quinoa** – A complete protein source, rich in amino acids.

- **Flaxseed** – Loaded with omega-3 and antioxidants.

- **Millet** – Nutrient-dense, with vitamins B and iron.

### **Nuts**

A good source of fats, protein, and antioxidants.

- **Walnuts**

High in omega-3 fatty acids and antioxidants.

- **Almonds** – Rich in protein, fiber, and healthy fats.

- **Pecans**

Provide antioxidants and a good fat source.

- **Hazelnuts**

Packed with vitamins and minerals.

### **Fruits**

Hermit crabs love fruits, which provide hydration, vitamins, and natural sugars.

- **Blueberries**

High in antioxidants and anthocyanins.

### **Apples**

**(remove seeds)** – A source of fiber and hydration.

- **Papaya** - Contains digestive enzymes and vitamins.

### **Mango**

Rich in vitamins A, C, and antioxidants.

**\*\*Foraged Greens & Plants\*\***

Hermit crabs benefit from foraging on natural plants.

### **Dandelion greens**

A good source of calcium and vitamins.

### **Plantain leaves**

High in fiber and healing properties.

### **Hibiscus flowers**

Vitamin C and antioxidants.

### **Anthocyanin-Rich Foods**

These provide powerful antioxidants that boost health and enhance color.

### **Purple cabbage**

Anthocyanins and vitamin C.

### **Blackberries**

Rich in antioxidants and nutrients.

### **Chokeberries**

Another excellent source of anthocyanins.

### **Red grapes**

Provide hydration and antioxidants.

## **Supplements & Boosters**

Provide these at all times to boost their nutritional intake.

### **Worm castings**

A natural source of nutrients and minerals.

### **Green sand**

Full of minerals.

### **Bee pollen**

Vitamins, protein, and enzymes.

### **Cuttlefish bone & Egg shells**

A constant source of calcium for exoskeleton health.

### **Beta-Carotene-Rich Foods**

These enhance the vibrant colors of your crabs' exoskeletons.

### **Pumpkin**

Rich in beta-carotene and fiber.

### **Red bell peppers**

High in vitamin C and beta-carotene.

### **Butternut squash**

Contains beta-carotene, fiber, and vitamins.

### **Carrots**

Loaded with beta-carotene for healthy coloring.

### **Fat Sources**

Essential fats help hermit crabs maintain energy and healthy growth.

#### **- Coconut oil**

A good fat source for energy and shell care.

#### **Sunflower seeds**

High in fats and nutrients.

#### **Hemp seeds**

Contain omega-3 and omega-6 fatty acids.

#### **Salmon oil**

Rich in omega-3 fatty acids and antioxidants.

### **Lutein & Zeaxanthin-Rich Foods**

These protect eyesight and enhance overall health.

#### **Marigold petals**

High in lutein and antioxidants.

- **Peas** – Rich in lutein and protein.

#### **Collard greens**

Packed with lutein, calcium, and fiber. **(Need to be cooked)**

#### **Corn kernels**

Contains zeaxanthin and offers fiber.

### **General Feeding Tips**

- Always wash fruits, vegetables, and foraged items thoroughly to remove pesticides and chemicals.
- Avoid foods that contain salt, preservatives, or artificial ingredients.
- Offer a wide variety to ensure a balanced diet and prevent boredom.
- Replace uneaten food regularly to prevent spoilage and mold.

This detailed list covers a broad spectrum of safe, nutritious foods to help hermit crabs thrive!