



Hermit Crab Nutrition Guide

Daily Dietary Requirements

Hermit crabs require a balanced, nutritionally complete diet to thrive. Offer food from all food groups daily to ensure optimal health.



A proper diet prevents serious health issues like:

Essential Food Categories

- Weakened Exoskeletons
- Failed Molts (often fatal)
- Lethargy & Weakness
- Inability to Repair Damage



Commercial hermit crab foods

Commercial hermit crab diets often contain harmful additives like ethoxyquin and copper sulfate. That is toxic to the crabs. Instead, focus on fresh, natural options like:

- Proteins: Seafood, meats, eggs.
- Calcium: Cuttlebone, eggshells, crushed or powdered oyster shells.
- Fruits & Vegetables: Pesticide-free fresh or dehydrated
- Enrichment: Leaf litter, moss, and bark



Special Considerations

- Cook High-Oxalate Greens (spinach, kale & broccoli) to avoid blocking calcium absorption.
- Cook Shellfish to prevent shell rot.
- Always use pesticide-free ingredients and harvest all items from a no traffic location.



Health Boosting Foods

- Beta-Carotene: Pumpkin, squash, red bell peppers
- Anthocyanins: Blueberries, purple cabbage
- Omega Fats: Coconut oil, salmon oil, sunflower seeds and more.



Care Tips for Sick Crabs

For hermit crabs missing claws or recovering from stress:

- Offer soft foods like honey, molasses, proteins, calcium and mashed fruits and vegetables.
- Stimulate appetite with favorite foods & stinky fish, then introduce balanced options.
- Ensure they have access to fats and calcium at all times for recovery and molting success.



Encourage Natural Foraging

Add dried foods like eggshells, seeds, or flowers in a dish at different parts of the tank to promote foraging behaviors. Always keep greensand, calcium and worm castings available.