Hermit Crab Feeding Chart

Hermit Crab Nutritional Requirements

Food Group (from bottom to top)	Examples	Feeding Guide
Animal Proteins (Primary)	Fish, shrimp, crab, chicken, turkey, beef, eggs, insect protein	Aim for 40% of the daily diet. Offer a variety throughout the week.
Seeds + Grains	Chia, hemp, lentils, pumpkin seeds, oats, quinoa, barley, millet, buckwheat	Offer regularly. A great source of energy and nutrients.
Sea Vegetables / Fruits + Vegetables	Seaweed, kelp, spirulina, plus a variety of fruits and vegetables	Offer daily. Rotate different options for variety.
Calcium + Foraged (Staples)	Calcium sources, green sand, and foraged items (leaves, flowers, safe botanicals)	Keep available at all times. This supports shell health, exoskeleton, and overall wellness.
Fats	Fish oils, seeds, egg yolk, nuts, virgin oils	Offer in small amounts and rotate throughout the week.
Other (Treats)	Healthy, natural treats (added variety)	Safe treats can be offered in moderation.

Quick Feeding Guide:

Aim for 50% total protein daily (40% animal protein + 10% plant protein).

Keep calcium and foraged items available at all times.

Rotate foods often to provide a variety of nutrients.

Safe treats can be offered in moderation.