

Betta Feeding Schedule To Keep A Healthy, Happy, Hungry Betta Fish

Please note the information I've provided below has been gathered from many places, hopefully I've managed to get it all down right. There are many ways to feed your betta, this is just a guide to help make things easier for beginners or if your betta is really picky. My recommendations are general and from my own experiences and what I have read & researched. Of course, there will be exceptions and variations depending you're your betta fish. I hope you find the recommendations in this guide helpful.

General Betta Feeding Information

1. NEVER Follow the feeding guidelines shown on the packages of betta food. Most of the time they call for more food than your betta require.
2. As a note; the stomach size of a betta fish is about the size of its eye. As you can imagine one or two betta pellets can fill your betta's stomach in one feeding.
3. Do Not overfeed, betta fish will continue to eat if it's available. Over feeding can lead to bloating, which could cause swim bladder disorders. Even if they beg you and do a happy "Feed Me" dance, stay strong and do not give in.
4. All betta fish eat differently. Most betta fish are picky eaters. A new betta can take up to 30 days or more to accept a new food. There is no special food that all betta fish will eat it just It takes time, trial and error, to find out what your betta will and will not eat.
5. Mix it up, betta fish like variety and actually require the nutritional value of eating a variety of food to stay healthy. You wouldn't eat the same thing every day, so don't force them too.
6. Keep the tank clean and remove all uneaten food. Give your betta approx. 10-15 to eat everything. Uneaten food can slowly rot and create toxins in the water that are harmful to your betta.

Types of Betta Food

[Click Here: To Check Out Our Top 5 Dishes
For Your Betta Fish](#)

FLOATING PELLETS

Pellets are probably the most typical betta food used and considered a staple, meaning this is what your main food source will be. There are lots of pellet sizes and brands available so selecting a high quality betta pellet is important. Always read the ingredients and choose a betta pellet that is high in protein. A good guideline is that it should use some kind of fish meal and have a crude protein over 32%.

SINKING PELLETS

Can also be used as a staple for your betta. However, in the wild betta fish typically eat of the surface of the water, so sinking pellets don't mimic this instinct. However, as mentioned above your betta may be unique.

BETTA FLAKES

Another staple, but very hard to control how much you are feeding. Flakes also sink fast and are very hard to remove if uneaten. This is considered a staple food. But, this type of food is very hard to control the amount you're feeding. These initially float on the surface, but sink quickly, and are very hard to remove if any of it becomes uneaten.

FROZEN BLOOD WORMS

Most betta fish LOVE blood worms. You can buy them frozen in little cubes which have hundreds of little worms. DO NOT drop a whole cube into the tank, instead cut the cube into smaller pieces or break off a chunk, place it in a cup with some water from your tank. When you can get 1-2 worms out use this at feeding time any more than this will be over feeding.

Once you've melted some of the blood worms do not re-freeze them, you should throw out any unused worms. You can refrigerate them for a day or two, however if they smell or change color just toss them.

FREEZE DRIED (SHRIMP, KRILL, BLOOD WORMS, DAPHNIA)

Used for treats, they have low nutritional value and can be used to replace one or two meals a week but never as a staple food.

PEAS

Peas are great if you notice your fish is bloated or constipated. Basically a boiled pea does what fiber does for me and you, a pea once a week with a day of fasting can help keep your betta fish regular.

Betta Feeding Steps

STEP #1 CHOOSE A TIME THAT FITS INTO YOUR DAILY ROUTINE

Evaluate your daily routine; look for a time where you can give your betta your attention for approximately 5-10 minutes. This should give you enough time to ensure your betta is healthy and eating. You will want to ensure that your betta is eating all the food and remove anything that is left over.

Watch your betta for signals. If your betta is still sleeping when you wake early morning, don't wake them just for food. Wait until you have been up for a few minutes, take time to view how your betta is adjusting to your routine and work the feeding in when it's best.

Choose one day a week to fast, usually I use Sunday but any day will do. Fasting allows the betta to clear its digestive system and help with bloating and constipation.

STEP #2. HOW MANY TIMES A DAY TO FEED YOUR BETTA.

Most common is twice per day, however once a day is also okay. Just be sure not to feed them more because you think they are hungry for the rest of the day.

Some people will feed up to three times a day, I would not recommend this. However, if you feel that your betta fish is unique and it's what they need be sure to spread out the feedings (Very early, noon, very late)

Step #3 How Much To Feed Your Betta

Based on what you decide in steps 1 & 2, your betta will determine how much it will eat at each feeding. Remember the size of your betta's stomach is only about the size of its eye. It's also a good idea to keep track of what, when and how much your betta is eating at each feeding. This will help create a schedule that you can follow and organize as it can get confusing with all the different foods and treats your betta will be eating.

IF YOU FEED ONLY 1 TIME/DAY;

Only feed about 4 pellets at each feeding, never more. If you are using blood worms 3-4 depending on the size.

IF YOU FEED 2 TIMES/DAY;

Only feed about 2-3 pellets at each feeding, never more. If you're using blood worms, 1-2 depending on the size.

FOR THOSE THAT CHOSE 3 TIMES/DAY;

Never feed more than 2 pellets at each feeding or 1 blood worm. Each meal should be small as you are feeding more frequently.

STEP 4. CHOOSE WHAT TO FEED TO YOUR BETTA

Using the list of foods above, decide what foods will be staple and what will be treats.

Always start with your staple food, before using treats. If you start with treats some betta will start rejecting the pellets and just wait for the treats. To prevent this from happening, use your staple for 2-3 weeks before introducing a treat.

Once your betta has been eating the staple food, slowly bring in other types of staple foods. Only do this one food at a time as some betta fish are picky and can take up to 30 days to accept a new food.

If your betta starts to accept the staple foods, start introducing treats the same way.

Treats can be used as a replacement for one staple meal a week or as a combination with staple (half treat, half staple)

My Betta Is Still Not Eating? 5 Tips To Get Them Eating Again.

1. Crush pellets to be smaller and easier to eat.
2. Pre-soak food in garlic juice to increase appetite and interest
3. Try another type of food or treat
4. Fast for 2 days, and try the food again
5. If he is sick, lessen the quantity of food given