Fish Food Recommendation Chart

Drs. Foster & Smith Educational Staff

With the wide variety of commercial foods available, it is sometimes difficult to determine which type of food to feed your fish. When choosing a food, the first thing you need to know is what type of diet is natural to your fish. All fish fit into one of three categories:

Herbivore - plant eater
Carnivore - meat eater
Omnivore - consumer of both plants and meaty foods... the vast majority of aquarium fish fit into this category

Many of the staple diets do a very good job of providing a broad range of essential nutrients required for good health. But, we believe that variety in the diet is important to good nutrition and the well-being of your fish. Offering supplementary foods, in addition to the "staple" diet, ensures better nutrition and enriches the diet of your fish with more tastes and textures.

Use our handy charts below as a guideline for feeding your freshwater or saltwater fish. Click the Freshwater or Saltwater button above, or just scroll down.

Freshwater Fish

KEY: H Herbivore C Carnivore O Omnivore

SPECIES:	STAPLE DIET:	SUPPLEMENTARY DIET:
African Cichlids H O	• O.N. Omni Cichlid Formula Flakes • Aquarian Cichlid Pellets	• Hikari Cichlid Gold • Hikari Sinking Cichlid Gold

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Angelfish O	• Aquarian Tropical Flakes • Frozen Blood Worms	• TetraColor Flakes • Brine Shrimp Plus Flakes
Barbs O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Brine Shrimp Plus Flakes
Bettas C	• Hikari Betta Bio-Gold • Freeze-Dried Blood Worms	• Atison's Betta PRO • Brine Shrimp Plus Flakes
Catfish (Juvenile) H O	• Aquarian Tropical Flakes • Frozen Food	• Hikari Sinking Wafers • Freeze-Dried Brine Shrimp
Danios/Minnows O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Brine Shrimp Plus Flakes
Discus C	• Azoo Discus Food • Jack Wattley Discus Formula Frozen	• Freeze-Dried Blood Worms • TetraColor Flakes
Fancy Goldfish O	• Hikari Goldfish Pellet Diets • Aquarian Tropical Flakes	• TetraColor Flakes, • Goldfish Frozen Diet
Gouramis O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Brine Shrimp Plus Flakes
Hatchets O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Brine Shrimp Plus Flakes
Livebearers O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Brine Shrimp Plus Flakes
Loaches C O	• Aquarian Tropical Flakes • Frozen Food • Hikari Sinking Wafers	• TetraColor Flakes • Freeze-Dried Brine Shrimp
Plecos (Juvenile) H O	• Hikari Sinking Wafers • Frozen Food	• Hikari Algae Wafers • TetraMin Tablets
Rainbowfish O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Brine Shrimp Plus Flakes
Rasboras O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Brine Shrimp Plus Flakes

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Sharks (Juvenile) O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Frozen Brine Shrimp Plus
New World Cichlids (Juvenile) C O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Freeze-Dried Plankton
Tetras C O	• Aquarian Tropical Flakes • Frozen Food	• TetraColor Flakes • Brine Shrimp Plus Flakes

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Saltwater Fish

KEY: H Herbivore C Carnivore O Omnivore

SPECIES	STAPLE DIET	SUPPLEMENTARY DIET
Angels, Dwarf O	• Mega-Marine Angel • Formula Two Flakes	• Mysis Shrimp • Green Seaweed Leaf
Angels, Large O	• Mega-Marine Angel • Formula Two Flakes	• Mysis Shrimp Green Seaweed Leaf
Anthias C	• Mysis Shrimp • Prime Reef Flakes	• Freeze-Dried Plankton • Brine Shrimp Plus Flakes
Basslets C	• Mysis Shrimp • Prime Reef Flakes	• Freeze-Dried Plankton • Brine Shrimp Plus Flakes
Batfish O	• Mysis Shrimp • Tetra Marine Granules	• Frozen Krill • Freeze-Dried Plankton
Blennies H C O	• Mysis Shrimp • Formula Two Flakes	• Tetra Marine Granules • Brine Shrimp Plus
Boxfish O	• Mysis Shrimp • Formula Two Frozen	• Freeze-Dried Plankton • Angel & Butterfly Diet

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Butterflyfish C O	• Mysis Shrimp • Angel & Butterfly Diet	• Tetra Marine Granules • Formula One
Cardinalfish C	• Mysis Shrimp • Prime Reef Flakes	• Tetra Marine Granules • Brine Shrimp Plus
Clownfish O	• Mysis Shrimp • Prime Reef Flakes	• Tetra Marine Granules • Brine Shrimp Plus
Damselfish O	• Mysis Shrimp • Prime Reef Flakes	• Tetra Marine Granules • Brine Shrimp Plus
Eels C	• BIO-PURE Krill • Aqua Yums Squid Flat Pack	• Live Ghost Shrimp • Live White Shrimp
Filefish O	• Mysis Shrimp • Prime Reef Flakes	• Tetra Marine Granules • Brine Shrimp Plus
Foxface/Rabbitfish H	• Julian Sprung Sea Veggies with Clip	• Spirulina Flakes
Gobies C O	• Mysis Shrimp • Prime Reef Flakes	• Tetra Marine Granules • Brine Shrimp Plus
Groupers C	• Angel & Butterfly Diet • Freeze-Dried Krill	• Aqua Yums Squid Flat Pack • BIO-PURE Krill
Grunts C	• Angel & Butterfly Diet • Freeze-Dried Krill	• Live Ghost Shrimp • Live White Shrimp
Hawkfish C	• Mysis Shrimp • Prime Reef Flakes	• Freeze-Dried Plankton • Brine Shrimp Plus Flakes
Hogfish C	• Mysis Shrimp • Prime Reef Flakes	• Freeze-Dried Plankton • Brine Shrimp Plus Flakes

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Lions C	• Frozen Krill • Freeze-Dried Plankton	• Live Ghost Shrimp • Live White Shrimp
Parrotfish O	• Formula Two, • Freeze-Dried Krill	• Julian Sprung Sea Veggies with Clip • Angel & Butterfly Diet
Pseudochromis C	• Mysis Shrimp • Prime Reef Flakes	• Freeze-Dried Plankton • Brine Shrimp Plus Flakes
Puffers C O	• Angel & Butterfly Diet • Aqua Yums Squid Flat Pack	• Live Ghost Shrimp • Live White Shrimp
Squirrelfish C	• Mysis Shrimp • Prime Reef Flakes	• Freeze-Dried Plankton • Brine Shrimp Plus Flakes
Surgeons/Tangs H	• Julian Sprung Sea Veggies with Clip	• Spirulina Flakes
Sweetlips C O	• Formula One	• Live Ghost Shrimp • Live White Shrimp
Triggerfish C	• Angel & Butterfly Diet • Aqua Yums Squid Flat Pack	• Live Ghost Shrimp • Live White Shrimp
Wrasse C O	• Mysis Shrimp • Prime Reef Flakes	• Freeze-Dried Plankton • Brine Shrimp Plus Flakes

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