**Ouchmouse House Feeding Caresheet:**

African Pygmy hedgehogs are opportunist eaters by nature so require a varied diet to maintain good health and weight.

Although there is much room for research in the best diet for APH here's what we consider best.

A mix of high quality dry cat biscuits ( this is important to keep teeth clean as well as providing vitamins, minerals and important nutrients).

You want to choose biscuits of a fat percentage ideally 10-15% (this can. E adapted to your hogs weight by lowering for overweight hogs or increasing for skinny hogs but should stay between 8-18%).

And have a protein content of 28-38% this is very important as your hog requires protein for bone and joint development among other things but too high can cause kidney issues.

If you find a good quality cat biscuit which is slightly above or below these percentages you can balance it against another cat food with the opposite. But try not to use any that are extremely high or low. Keep the overall percentages of your mix within the guidelines.

It's important to have a mix and not just one brand to ensure you cover all the basis for minerals, vitamins and nutrients, to add variety and flavours to your hedgehogs meals and hedgehogs can become quite picky eaters so you don't want to encourage this incase a brand is discontinued.

Live food, your hedgehog requires a daily element of live food to maintain good health. This can include mealworms, wax worms, morios, hoppers, crickets, roaches and earthworms. (These are just the most commonly fed).

The equivalent of 10-15 mealworms is our recommendation again adjust according to your hedgehogs weight and shape.

Raw food. This is not essential but we do recommend it especially for pregnant or nursing females, hedgehogs that are underweight or in recovery as it can provide a really good source of healthy fats and nutrients. We feed pinkies, day old chicks and occasionally some natures menu mince meat. This should not be fed daily as it is too rich but as a weekly treat.

Cooked meat. Same guidelines as raw. Chicken, beef, lamb, turkey in mince or manageable pieces. Avoid pork as it is too high in fat and salt.

Egg. Scrambled egg makes a fantastic treat! But made with just egg and water. Hard boiled egg is also good.

Fruit and veg. Provide really important nutrients that cannot be found in the rest of their diet, daily or every other day it's good to include an element of fruit or veg. However there are some that are toxic and to be avoided completely. Citrus fruits, onions and veg from the onion family, grapes, raisons, hot peppers these are just a few! Your breeder should be able to tell you if a food is or isn't safe.

Some hedgehogs refuse to eat fruit or veg but you can combat this by gut loading your live food (feeding it to your live food).

**Hedgehogs do not eat seeds and nuts, they are chocking hazards!**

Do not feed your hedgehog carbohydrates such as pasta, rice, potato or bread.

Do not feed your hedgehog seasoned human food.

Do not feed your hedgehog chocolate, sweets or crisps.

Do not feed your hedgehog food marketed for hedgehogs (it's total crap!).

*Written by Rebekah Allen-Crawford of Ouchmouse House*