

in portable to feed betta fish.



Bettas can be quite choosy with foods, they love grand foods, they see themselves as fashionistas that should be fed in a grand style. Fashionista caged in an aquarium! Amusing.

As a new aquarist, you might be confused —random questions runs through your mind — *what do betta fish eat? What to do if my betta fish does not eat?* And so much more questions that at the end, you get confused, and conduct intense research so much that you get more confused. We understand your plight, in this in-depth article, would put your most asked questions into better perspective.

- What do betta fish eat
- How often should you feed betta fish
- How to feed your betta fish
- What Should I Feed My Fish?
- How Much Should I Feed My Fish?
- How often do you feed a baby betta fish?
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- What to do if your betta fish does not eat
- What Are the Signs of Overfeeding Betta Fish?
- What Happens If You Overfeed Betta Fish?
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What do betta fish eat

Betta fish are quite different from other fish, they don't feed on all that other tropical fish feed on. This makes it confusing as to what do betta fish eat.

Bettas are carnivores, ordinarily, they feed on insects, and as earlier known, carnivores get mostly proteins. So that should resonate with the betta's food. Don't forget to include fiber and moist feed into their diet to help with digestion.

Try as much as possible to avoid **fillers**, like corn, beans, etc. Because it causes constipation and bloating. As a quasi-newton, make sure their food is rich in fat, protein, fiber, calcium, phosphorus, carbohydrates, and vitamins.

Common betta foods include pellets, bloodworm, frozen freeze-dried foods, live foods, fish flakes, and others. This we would make justice to.

How often should you feed betta fish

This is one of the most frequently asked questions, but you get more confused after every research you conducted. It's probably you aren't getting the basics. You are not alone.

- Feed them twice a day, day and night respectively.
- Skip meals at least once in 7 days to allow complete detoxification of the toxins in the digestive tract. This prevents constipation and bloating.
- Let frozen dried foods be a treat not to be added to their feeding menu.
- You should shuffle the feeding routine weekly.
- Don't overfeed it, 1.8 grams should be your quasi-newton.

[here is a chart, for easy reference](#)

How to feed your betta fish

The next is to know how to feed your bettas, you don't just plummet the food, you need to follow a procedure.

Betta fish have tiny white teeth, used for fetching food at the surface of the water, that's why it is required that most of their food should be light enough not to sink. So feeding isn't as hard as you think. Use their eyeball as a quasi-newton to know the size of food to give them, you will know why as we go further.

How should you feed your betta fish

Live foods

Ordinarily, bettas are carnivores they devour insects at sight. This points to their love for live foods. Feeding them as you would a herbivore is a sheer waste of time as the bettas would not eat. Giving your betta, living food is highly recommended as it's natural and healthy for your fish.

Live foods can be gotten from fish stores, but you stand a risk of exposing your betta fish to diseases, as most live foods carry disease.

To be on the safer side, you should purchase them at a safe and reliable source, or rather, grow your live food.

Blood worms

Bloodworms are a source of energy and enhance growth. It can be stored by freezing and giving it later to your fish by defrosting. Bloodworms are not to be fed to them habitually but occasionally, especially, when you want to augment the vitamins missing in their regular feed.

Most people confuse bloodworm for the normal worm you know, but it's the larval form of a species of fly, known as **Midge**.

Flies lay their eggs in water(dirty stagnant water) which later hatch into blood worm.

You can grow them within the space of your home, [By following our procedures virtually.](#)

Brine Shrimp

Brine shrimp is one of the greatly recommended live food for bettas — One of the most-add for every betta diet after bloodworms. Though, your doling it out to them

should be moderate; as it harms their health. Take our advice as a quasi-newton. [After constant trial and error, we have a greater knowledge of the best-frozen brine shrimp you should purchase.](#)

Mosquito larvae

Another greatly recommended live food is mosquito larvae, as small as the larvae look, it works magic. It serves as a supplement. Another advantage is, it is common to find and as such makes it inexpensive. It can also be fed to them regularly without much adverse effect, though moderation is required, 3-5 larvae at a time.

You can grow your mosquito larvae, at least it saves the cost of purchases. Each time mosquitoes hum around your ear, care not as you will get a lot out of them — a win-win. They won't get blood for free.

Fish flakes

Fish flakes are one of the common types of fish feed. They contain nutrients that the bettas need to bolster their health. Fish flakes contain **beta carotene** that gives the glamour look on bettas. In addition, it's inexpensive to purchase. [We recommend you the best fish flake brands to patronize.](#)

Pellets

Betta pellets are also one of the common bettas feeds in the market. They compose of high-quality ingredients that aid the bettas' growth. They are high in protein and due to their structure, can be fed to them in dosage. You need to be careful, don't give the pellets, meant for a tropical fish, to a betta, it is dangerous. Some pellets, when in contact with water, swell, so to prevent bloating and constipation, try not to purchase randomly.

How often do you feed a baby betta feed

- Feed it 1-2 times a day
- Don't overfeed it, to avoid bloating and constipation
- If feeding with live food, we require you stick to 3 at a time.

- Variety of diet would be of great importance, to accustom it with varieties of feeds.

How much should you feed your betta fish

As earlier mentioned; Use their eyeball as a quasi-newton to know the size of food to give them. The size of the digestive tract of betta fish is no different from its eyeball. 2 minutes is even too large for it to consume its food. All these facts point to only two words "overfeeding," you have to be careful when feeding bettas.

Take, for instance, you should break a frozen dried food into four parts, then pick one part, split it into four different parts, and give one part to the betta. Now you know!.

Cost of feeding a betta fish

Honestly, we cannot be accurate about the total cost of feeding a betta. But we can give a rough estimate.

Purchasing Betta food every week will cost you roughly between \$5.00 - \$10.00. As we have avid eaters amongst us, so there is with the bettas. Avid eaters consume more food than light eaters. [So, we recommend you should try producing some of the bettas feed yourself, to cut on the cost of purchase.](#)

What to do if your betta fish does not eat

There is no smoke without fire, so the adage goes. There must be a reason why your betta fish doesn't eat. It must be one of the following reasons.

Temperature

If the temperature of the tank drops low as *76° Fahrenheit*. It spells doom for the betta. Why is that, the metabolism rate of the betta slows down, thereby leaving the betta lazy and unenthusiastic about food.

Dirty water tank

Ordinarily, you don't like a dirty environment and you feel uncomfortable eating in such places. This is also applicable to betta fishes, they hate dirty water and it poses harm to them. It might interest you to know that, dirty water tank, has a high level of Ammonia and nitrite dangerous enough to endanger their health. It's advisable to change the water regularly.

Health issues

A healthy betta fish would try within its powers, to consume any amount of food you provide him with. In a situation where you noticed that it has lost appetite for food and you have gone through most of the condition checks, water condition, temperature, age, etc. Then you should know the betta has fallen sick. Get a veterinary.

What are the signs of overfeeding

Signs of overfeeding a betta are no rocket science. It all depends on how conversant and watchful you're with them. The major signs are [Bloating](#) and [Constipation](#) and the amount of waste in the tank. All these points towards if the betta becomes too slow or struggles to swim.

What happens if you overfeed a betta fish

- Constipation, leading to digestive blockage.
- Bloating, thereby loses its shape
- It pollutes the tank by constant disposal of waste
- *Ammonia and nitrate spark*: as the bettas overfeed, they release more waste, which releases Ammonia and Nitrate into the water. The chemicals released are dangerous to their health.

Conclusion

You're right to have inquired about purchasing a betta, no information is enough, but, I believe we have made justice to most of the questions that itch you. As a first-timer, you're expected to know: *what to feed and how often to feed a betta fish coupled with some other key points*. We hope you can keep a betta fish safe, should you make do with what we have given you.

Meta description

How often to feed a betta fish, is one of the most asked questions, it is not an alone topic, as it has other families attached. But the basics are required to maximize efficiency. *What do betta fish eat, how to feed them, how costly is it to feed them?* Are the basics we would put you through.