

Hermit Crab Nutrition Table

by Lisa L.

ALL FOODS MUST BE FREE OF CHEMICALS, TABLE SALT, PRESERVATIVES, ADDITIVES ETC

Description	Foods	Reference
A precaution has been taken not to include dairy in the diet, though NO scientific evidence supports that hermit crabs are lactose intolerant, yet NO evidence has been found to support that they can eat dairy. (so far)	NA	
Amino Acids (proteins) needed in the diet for crustaceans are Arginine, Histadine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine. Related to Molting	Beans, Nuts, Tofu, Eggs, Meats, Fish, Organic Fish Food Flakes, Organic Cat & Dog Food, Organic Hermit Crab Food	(Claybrook 1983)
Cholesterol must be in the diet for the hermit crab to make hormones. (Some of these are involved in molting).	Plain scrambled eggs	(Dall & Moriarty 1983)
Crustaceans are able to digest chitin, a component in their exoskeleton	Exoskeleton Of Cicadas, Shrimp, Crab, Lobster, Crawfish And Krill	(Dall & Moriarty 1983)
Fats: Linolenic omega 6 and omega 3 fatty acids are needed in a hermit crabs diet	Walnuts, Flax Seed, Salmon, Deep Sea Fish	(Dall & Moriarty 1983)
Glucose is used to make chitin (the main component of the exoskeleton).	Any starchy (rice, potatoes) or sugary (fresh fruit) food can be utilized as a source of glucose (and therefore chitin).	(Stevenson 1985)
High protein level of 50% of total food is required for growth.	Nuts, Seeds, Beans, Eggs, Spirulina, Fish Food Flakes, Cat Food, Dog Food, or Hermit Crab Food should always be a part of each nightly food offering. Spirulina (dried seaweed) is 48% protein by calories.	(Dall & Moriarty 1983)
Mineral: calcium is needed in the diet	Green Leafy Veggies, Broccoli, Salmon, Sardines, Lobster And Crab Exoskeletons; Crushed Up Egg Shell, Sand Dollars, And Oyster Shells, Calci Sand Substrate	(Dall & Moriarty 1983)
Mineral: copper is needed in the diet.	Oyster, Shellfish, Whole Grains, Beans, Nuts, Walnuts, Dark Leafy Greens, Dried Fruits, Organ Meats, Spirulina	(Dall & Moriarty 1983)
Mineral: phosphorus is needed in the diet.	Foods high in protein such as meat (or organic pet foods)	(Dall & Moriarty 1983)

Mineral: potassium is needed in the diet.	Fish, Meats, Broccoli, Peas, Lima Beans, Potato Skins, Leafy Green Vegies, Citrus Fruits, Apples, Bananas, Apricots (Fresh Or Dried), Spirulina	(Dall & Moriarty 1983)
Mineral: salts and trace elements are needed in the diet.	Sea saltwater dish, ocean water is about 1/2 tbs sea salt per cup of water. Water must treated as if for fish.	(Dall & Moriarty 1983)
Some crustaceans are able to digest cellulose, but whether it is digested by the micro fauna is debatable. Detritus, litter feeding animals may eat cellulose that is already digested by microorganisms.	Fallen leaves and dead twigs from outside and coconut husk	(Dall & Moriarty 1983)
Supplements: calcium	Crustacean Exoskeletons (Dried Shrimp Exos, Or Empty Exos Collected From A Beach); Calcium Supplements For People, Cuttle Bone; Crushed Shells; Crushed Coral; Crushed Eggs Shells	hermit crab web groups and websites
The midgut gland is a storage site for fats and sugars, much like the human liver.	NA	(Chang & O'Connor 1983)
Vitamin A and carotenoids are needed in the diet.	Dark Leafy Greens, Carrots, Sweet Potatoes, Mangoes, Pumpkin And Squash, Spirulina	(Dall & Moriarty 1983)
Vitamin B1 (Thiamin) is needed in the diet.	Sunflower Seeds, Peanuts, Wheat Bran, Beef Liver, Pork, Seafood, Egg-Yolk, Beans, Spirulina	(Dall & Moriarty 1983)
Vitamin B2 (Riboflavin) is needed as a coenzyme, is essential for growth of larvae, and must be in diet as crabs cannot produce it on their own.	Cereal, Nuts, Eggs, Green Leafy Vegetables, Meat, Spirulina	(Dall & Moriarty 1983)
Vitamin B3 (Niacin, or Nicotinamide) is needed in the diet.	Fish, Poultry, Meat, Nuts, Eggs, Spirulina	(Dall & Moriarty 1983)
Vitamin B5 (Pantothenic acid, or Pantothenate) is needed in the diet.	Eggs, Fish, Meat, Whole Grain Cereals, Legumes, Broccoli And Other Cabbage Family Vegies, Potatoes, Sweet Potatoes, Spirulina	(Dall & Moriarty 1983)
Vitamin B6 (Pyridoxine, or Pyridoxal phosphate) is needed in the diet	Fish, Bread, Beans, Legumes, Cereals, Eggs	(Dall & Moriarty 1983)
Vitamin B9 (Folic acid, or Folate) is needed in the diet	Beans, Legumes, Citrus Fruits, Whole Grains, Dark Green Leafy Vegies, Poultry, Pork, Shellfish, Liver	(Dall & Moriarty 1983)
Vitamin D is needed for proper health (but I was not able to find if hermit crabs can make it themselves with sunlight, or if they need to have it in their diet. Either way, having it in their diet would not hurt.)		(Dall & Moriarty 1983)
Vitamin D plays a role in molting.	Wild caught Salmon and Mackerel, mushrooms that have been exposed to UV, cod liver oil, Tuna in water, Sardines in oil (for hermit crabs must have no added salt or chemicals), Milk or Yogurt, Beef liver, Egg yolks	(Wheatly 1999)

Vitamin E is needed in the diet.	Nuts, Olives, Vegetable Oils	(Dall & Moriarty 1983)
Vitamin H (Biotin) is needed in the diet	Eggs, Fish, Meat, Whole Grain Cereals, Legumes, Broccoli And Other Cabbage Family Vegies, Potatoes, Sweet Potatoes	(Dall & Moriarty 1983)