

Description	Source or Foods	Reference	Concerns
Amino Acids (proteins) needed in the diet for crustaceans are Arginine, Histadine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan and Valine.	Beans, nuts, tofu, eggs, meats, fish	Claybrook, 1983	Boil any shellfish before feeding to avoid spreading diseases to your hermit crabs. Dark greens and other foods high in Oxalic Acid should be cooked prior to serving.
Cholesterol must be in the diet for the hermit crab to make hormones. Some of which are involved in molting.	whole eggs, shellfish, beef, organ meat, sardines (in water or safe oil)	Dall & Moriarty, 1983	
Chitin- Crustaceans are able to digest chitin, a component in their exoskeleton	Their own shed exoskeleton. Shed exoskeletons of Cicadas. Mushrooms, Bananas, kiwis, avocados, papaya, tomatoes, chestnuts	Dall & Moriarty, 1983; Wikipedia	Regular Chestnuts that people eat. USA Horse Chestnuts are toxic but in the UK they call the regular Chestnuts Horse Chestnuts
Fats Linolenic omega 6 and omega 3 fatty acids are inneded in a hermit crab's diet	Coconut, Walnuts, flax seed, salmon, deep sea fish, animal fat, olive oil, fresh roses, sunflowers and crab apple blossom	Dall & Moriarty 1983	
Glucose is used to make chitin, the main component of the exoskeleton	Any starchy or sugary food can be utilized as source of glucose (and therefore chitin). Rice, potatoes, fresh fruit	Stevenson, 1985	
High protein level of 50% of total food is required for growth and should be part of the daily diet.	Nuts, seeds, beans, eggs, spirulina - Spirulina (dried seaweed) is 48% protein by calories.	Dall & Moriarty, 1983	Should be included in every feeding
Needed Minerals in a hermit crab's diet			
Calcium	Green leafy veggies, broccoli, salmon, sardines, lobster and crab exoskeletons, crushed egg shell, sand dollars, oyster shells.	Dall & Moriarty, 1983	Boil any exos and shells before feeding to avoid spreading diseases to your hermit crabs!
Copper	Oyster, shellfish, whole grains, beans, nuts, walnuts, dark leafy greens, dried fruits, organ meats, spirulina.	Dall & Moriarty, 1983	Boil any seafood before feeding to avoid spreading diseases to your hermit crabs!
Phosphorus	Foods high in protein such as meat.	Dall & Moriarty, 1983	
Potassium	Fish, meats, broccoli, peas, lima beans, potato skins, leafy green veggies, citrus fruits, apples, bananas, apricots (fresh or dried) spirulina.	Dall & Moriarty, 1983	
Salts and trace elements	Sea saltwater made from a fish safe mix	Dall & Moriarty, 1983	Not table salt- Marine salt only
Some crustaceans are able to digest cellulose, but whether it is digested by the microfauna is debatable. Detritus, litter feeding animals may eat cellulose that is already digested by micro organisms	Fallen leaves and dead twigs, coconut husks	Dall & Moriarty, 1983	
Calcium supplements	Crustacean exos (dried shrimp), cuttle bone, crushed egg shells, crushed coral. crushed shells	Hermit crab web groups and websites	
The midgut gland is storage site for fats and sugars, much like the human liver.		Chang & O'Connor 1983	
Needed Vitamins in a hermit crab's diet			
Vitamin A and Carotenoids	Dark leafy greens, carrots, sweet potatoes, mangoes, pumpkin, squash, spirulina	Dall & Moriarty, 1983	
Vitamin B1 (Thiamin)	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 the diet as crabs cannot produce it on their own.	Cereal, nuts, eggs, green leafy vegetables, meat, spirulina	Dall & Moriarty, 1983	Dark greens and other foods high in Oxalic Acid should be cooked prior to serving.
Vitamin B3 (Niacin, or Nicotinadmide) is needed in the diet.	Fish, Poultry, Meath, Nuts, Eggs, Spirulina	Dall & Moriarty, 1983	

Vitamin B5 (Pantothenic acid, or Pantothenate) is needed in the diet.	Eggs, Fish, Meat, Whole Grains, Legumes, Broccoli and other Cabbage family vegetables, Potatoes, Sweet Potatoes Spirulina	Dall & Moriarty, 1983	
Vitamin B6 (Pyridoxine, or Pyridoxal phosphate) is needed in the diet.	Fish, Bread, Beans, Legumes, Grains, Eggs	Dall & Moriarty, 1983	
Vitamin B9 (Folic acid, or Folate) is needed in the diet.	Beans, Legumes, Citrus Fruits, Whole Grains, Dark leafy greens, Poultry, Pork, Shellfish, Liver	Dall & Moriarty, 1983	Dark greens and other foods high in Oxalic Acid should be cooked prior to serving. Boil any seafood before feeding to avoid spreading diseases to your hermit crabs!
Vitamin D is needed for proper health		Dall & Moriarty, 1983	No research is available to determine 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 will not harm them.
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 water or safe oil (no added salt, flavoring, preservatives), Milk, Yogurt. Beef liver. Egg yolks	Wheatly 1999	
Vitamin E is needed in the diet.	Vitamin E is found in plant-based oils, nuts, seeds, fruits, and vegetables. Wheat germ oil, Sunflower & safflower oil, Sunflower seeds, Almonds, Peanuts, peanut butter (no added sugar, salt, preservatives), Beet greens, collard greens, spinach, Pumpkin, Red bell pepper, Asparagus, Mango. Avocado	Dall & Moriarty, 1983	
Vitamin H (Biotin) is needed in the diet.	Eggs, Fish, Meat, Whole grains, Legumes, Broccoli and other Cabbage family vegetables, Potatoes, Sweet Potatoes	Dall & Moriarty, 1983	
A precaution has been taken to avoid dairy in the diet. However, no scientific evidence supports the case for or against dairy.			

