

Dear Dr. Wise,

Question: Other than flakes, is there anything I can feed my fish?

Answer: Browsing through your local fish store or through the shelf at the retail store, you'll quickly find that there are many available options for giving your fish a variety in his diet. There are various types of sinking tablets, pellets and freeze dried treats to offer.

Other than what you can find at the store, there are many other things that you can make available to add some variety. Peas are a common "human food" offered to fish that are actually beneficial for them. Peas act as a natural laxative for fish and when fed on a once weekly basis, can help prevent some fish ailments that are commonly due to constipation. To feed peas, simply thaw out a small amount and feed only the inner portion of the pea, removing the outer shell.

Various vegetables can also be given to most fish. Zucchini, leafy greens, carrots and cucumbers are all ideas and are healthy for fish. Veggie clips can be found at the local fish store for holding these foods in place, or a large aquarium rock or piece of décor can be used.

Feeding a staple diet of a good quality flake or pellet food is important but offering different foods in various forms can help keep a fish happy and healthy.

If you have a question, write Dr. Wise, Indiana Veterinary Medical Association, 201 S. Capitol Avenue, Suite 405, Indianapolis, IN, 46225, or [www.invma.org](http://www.invma.org)