

# Betta Fish Care Infographic Guide



## BETTA FISH DIET CHART

What & How Much to Feed Your Betta

### 1. DAILY STAPLE FOODS



**Betta Pellets**  
High-quality betta pellets are nutritionally complete and should be the main diet.



**Betta Flakes**  
Good alternative to pellets. Choose flakes made specifically for bettas.



**Micro Pellets**  
Ideal for smaller bettas or younger fish with small mouths.

### 2. PROTEIN-RICH FOODS (2-3 TIMES PER WEEK)



**Bloodworms (Live/Frozen)**  
High in protein, promotes growth and vibrant color.



**Brine Shrimp (Live/Frozen)**  
Easy to digest and packed with essential nutrients.



**Daphnia**  
Great source of protein and helps with healthy coloration.



**Mysis Shrimp (Frozen)**  
Excellent high-protein treat for bettas.

### 3. OCCASIONAL TREATS (1 TIME PER WEEK)



**Mosquito Larvae**  
Natural and highly nutritious treat.



**Tubifex Worms**  
Good treat but feed in moderation.



**Freeze-Dried Foods**  
Convenient and nutrient-rich option.

### FOODS TO AVOID

- ❌ Goldfish food (too large, lacks proper nutrition)
- ❌ Human food
- ❌ Overfeeding (can cause bloating and constipation)

### TIPS

- ✓ Feed small portions your betta can eat in 2-3 minutes.
- ✓ Remove uneaten food.
- ✓ Offer variety for best health and color.



A varied diet = a healthy, active, and colorful betta!



## BETTA FISH TANK SETUP GUIDE

Create the Perfect Home for Your Betta



### IDEAL TANK SIZE



Minimum 5 Gallons (20 Liters)  
Bigger is better!

### ESSENTIAL TANK EQUIPMENT



**Heater**  
Maintain temperature 76-82°F (24-28°C)



**Filter**  
Use a gentle filter to avoid strong currents.



**Thermometer**  
Keep water temperature stable.



**Lighting**  
Soft lighting (8-10 hours daily).



**Lid**  
Prevent jumping and maintain humidity.

### WATER PARAMETERS

Temperature



76-82°F (24-28°C)

pH Level



6.5 - 7.5

Ammonia



0 ppm

Nitrite



0 ppm

Nitrate



Below 20 ppm

### TANK DECOR & PLANTS



**Live Plants**  
(Java fern, Anubias, Amazon sword)



**Hiding Places**  
(Caves, driftwood, Betta leaves)



**Substrate**  
Smooth gravel or sand



**Leaf Hammock**  
Helps betta rest near the surface

### WATER MAINTENANCE



25-30% water change weekly



Use water conditioner



Test water regularly



Keep tank clean and algae-free

★ A clean tank = a healthy betta!

## BETTA FISH FEEDING SCHEDULE

How Often & How Much to Feed Your Betta



### DAILY FEEDING GUIDE

#### HOW OFTEN?

Feed your betta 1-2 times per day

#### HOW MUCH?

2-4 pellets per feeding  
(Only as much as they can eat in 2-3 minutes)

### WEEKLY FEEDING PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
Pellets or Flakes	Pellets or Flakes	Protein (Bloodworms or Brine Shrimp)	Pellets or Flakes	Protein (Mysis or Daphnia)	Pellets or Flakes	FAST DAY (No Food)

### WHY A FAST DAY?

A fasting day once a week helps prevent bloat, improves digestion, and keeps your betta healthy.



### TIPS FOR SUCCESS

- ✓ Feed high-quality food.
- ✓ Avoid overfeeding.
- ✓ Vary the diet.
- ✓ Observe your betta's appetite and behavior.



### SIGNS OF OVERFEEDING

- 1 Bloating
- 1 Constipation
- 1 Uneaten food clouds the water
- 1 Lethargy



### QUICK REFERENCE

Daily Feedings	1-2 times per day
Amount	2-4 pellets per feeding
Protein-Rich Feeds	2-3 times per week
Fasting Day	1 day per week



DOWNLOAD COMPLETE GUIDE (PDF)

petmealguide.com

Your betta relies on you for a happy, healthy life. Feed right. Keep it clean. Enjoy the beauty!

### ABOUT BETTA FISH

Bettas are intelligent, curious, and full of personality. Good care, proper diet, and a clean environment ensure a long, vibrant life.



### REMEMBER

- ✓ Good Food
- ✓ Clean Water
- ✓ Stable Environment
- ✓ Happy Betta



Pet Meal Guide

Healthy Meals, Happy Pets!

This guide is for informational purposes only and not a substitute for professional veterinary advice. If your betta shows signs of illness, consult an aquatic veterinarian.

Source: Pet Meal Guide | Educational use only.