

Share Meals With Your Hedgehog

Fresh table foods and meat can be shared with your hedgehog at meal time.

By Audrey Pavia

Hedgehogs can occasionally share a treat of some of your food, as long as the food is healthy.

Hedgehogs can share some of your food once in a while as a treat, as long as it's healthy. You can give your hedgehog fresh fruit that is low in sugar, such as berries, apples and pears. These fruits are a good source of Vitamin C and fiber. Make sure the fruit is thoroughly washed to remove pesticides. (Organic fruit grown locally is the healthiest.)

You can share meat from the table with your hedgehog as long as it's not fried or seasoned. Chicken provides your small pet with protein and Vitamin B, and liver is rich in protein and iron. Salmon and tuna contain omega oils and Vitamin A and D, as well as protein.

Your hedgehog can have a little bit of scrambled egg as a treat. Eggs are rich in protein and Vitamins A, B and D. Make sure the eggs are not cooked in butter or have any milk added. Cool them off before you offer them to your small pet.

You can also share some of your salad with your hedgehog provided you give greens that have been washed well to remove pesticides, and are crisp and fresh. Don't give your hedgehog iceberg lettuce since it has very little nutritional value and can cause diarrhea in your small pet. Don't give spoiled or wilted greens either.

Never feed your hedgehog any foods that have been fried or heavily seasoned. Foods high in salt and containing processed sugar should also be avoided.