

# SueBee Mix

Modified by Any Rat Rescue (February 2022)

This homemade mix has been formulated using items found at your local market or online. Add Any Rat Rescue to your smile.amazon.com account and ARR will receive a percentage of your purchase! Buy from the bulk bins or store brands where possible. Weights listed are approximate. Items marked with an asterisk (\*) are brands commonly used by ARR.

**1 lb. dry rolled oats or any mixed rolled grain cereal**

**6 oz. box or bag puffed wheat or kamut cereal (sugar free)**

Some good puffed cereal brands are Quaker, Arrowhead Mills\*, Nature's Path\*

**6 oz. box or bag puffed rice cereal (sugar free)**

**12 oz. box Total\* cereal, Multi-grain Cheerios\*, or Safeway Kitchens Bran Flakes**

Check nutritional labels for RDA percentages most similar to that of Total.

**¼ to ½ lb. roasted unsalted soy nuts (soy beans)**

Soy is high in protein, vitamin K, and cancer preventing agents. A rat favorite is wasabi edamame. Other ways to offer soy include: soy milk, tofu, or soy yogurt.

**½ lb. each dried bananas and cranberries**

Unsweetened dried bananas are preferred for potassium. Cranberries are good for the urinary tract. Karen's Naturals\* is a quality line of freeze dried fruits and vegetables that have no added oils or sugars.

**12 oz. dry tri-colored, vegetable, or whole grain pasta**

Dry pasta is crunchy for cleaning teeth, and is a source of carbohydrates to balance the protein in the soy nuts.

**½ c. black and white sunflower seeds in the shell (raw)**

**1 lb. high quality rat pellet or low protein/low fat dog food**

### ***Suggested Rat Food***

- Oxbow Essentials

### ***Suggested Dog Foods***

- V-Dog\* (www.v-dogfood.com)
- Natural Balance: Vegetarian\* or Lite
- Solid Gold: Holistique Blendz
- Wellness: Healthy Weight
- Blue Buffalo: Lite

Mix all the ingredients together in a large container (a 5 gallon bucket works well), and store in an airtight container in a cool, dry place. This mix is also available with donation from ARR.

