Betta Fish Care Guide

How to Take Care of Your Betta Fish

BettaFishCareGuide.Net

What do Betta Fish Need for a Good Long Life?

Betta Fish also known as Siamese Fishing Fish are tropical fish that are very hardy fish but do need special care to ensure a long and healthy life.

This guide will provide you the foundational information needed for you to keep your Betta Fish happy and healthy.

I try to provide You with all the links about what I talk about so it’s easy for you get what you need as well as provide you with pictures.

My main goal is to provide you with the essential information to keeping a successful Aquarium.

**These are the basic requirements that Betta Fish Need to Thrive:**
You see Betta Fish at the Pet Store in a tiny little cup and you may wonder how they live.

They are capable of surviving in close quarters but to give them a good life they need to have some room to swim.

In the wild, Betta Fish come from rivers, streams and rice paddies in Asia. When the dry seasons come, the water dries up so they are forced to live in shallow pools of water. They can survive because they have a special breathing organ allowing them to come to the surface and breathe air. They are known as Labyrinth fish meaning they can breathe air.

Even though they can survive in small pockets of water and can be sitting in a tiny cup at the pet store, in order for them to thrive and be happy, they need some room to live.

Yes, they can live in a small bowl or glass vase with some plants but in order to provide them the best quality of life, you should consider providing your Betta Fish with an aquarium with some room to swim. They love to swim and you will often see them enjoying life swimming from side to side in the aquarium.
The normal consensus is that Bettas should be housed in at least a 2.5 Gallon Tank. I personally keep my Betta in a 10 Gallon tank. See picture above. His name is Rosy Red (which my kids named him) and he swims back and forth all day and is very happy.

I would recommend at least a 5-gallon aquarium for best results. Like I said before, your Betta Fish will be able to survive in much smaller tanks but of course we want our pets to thrive and be happy right?

You can get [10 Gallon Aquarium kits like this from Amazon](https://www.amazon.com) which has all the basic start up equipment like the tank, filter, lights, heater, food, etc. If you want a quick way to setup a tank without having to buy all the separate items, I would recommend a kit like this:

![10 Gallon Aquarium](https://via.placeholder.com/150)

[Here is the Link](https://www.amazon.com) to Get the 10 Gallon Kit from Amazon.
What do Betta Fish Eat?

Betta Fish are insectivores meaning they eat insects – duh. So a high protein diet is required for optimal health. I would suggest that you feed them a varied diet including a combination of flakes, pellets, freeze dried, frozen and sometimes live foods (if available) as well.

Tip – do not feed vegetarian based fish food to Bettas. They require meat-based food.

Flake Food

Flake food is a staple food – meaning the main food.

My Betta loves this Tropical Color Flakes from Tetra, except the Red flakes which he spits out, but the other fish in the tank like it so it doesn’t go to waste.

Because we are all busy people and sometimes don’t have a lot of time to feed frozen or live foods to our fish, I would suggest getting a good staple food like this to feed your Betta.

This is a good staple for all types of freshwater fish. This is not a food specifically designed for Betta’s so if you only are feeding a Betta with no other fish in the tank, I would recommend this food as a supplemental food.
I feed this food to my Betta as an alternate food since he loves it so much.

**Specialty Flake Food**

This Omega One Betta Buffet Flake Food is the main food I feed my Betta. These flakes seem a little bit thicker and crunchier than the Tetra flakes. Sometimes it takes my Betta a couple of tries to eat a flake. What I do is make the flakes smaller by breaking them up just a little with my fingers before I drop them in the tank. It’s really no big deal because he loves the food and has a great appetite for it.

This food is probably the highest quality food I’ve found. I was kinda shocked at the ingredients: Salmon, Herring, Shrimp, and Halibut are the first four ingredients. Are you kidding me? This fish eats better than I do!

Not only is this a super nutritious Food for your Betta, but he will love it and since it is flake food, it is convenient and easy.

[Here is the link to get the Omega One Betta Food](https://www.amazon.com) from amazon.
Pellets

There are 2 types of pellets that you should know about:

Sinking and Floating. A tip for using sinking pellets is to gently place them on the surface of the water so they stay for a few seconds before your Betta eats them. When they sink, they go down pretty fast. This is fine if you have some bottom feeding fish or shrimp to eat them, but if you don’t, you may want to feed a few at a time so all the food gets eaten and there is no food rotting at the bottom of your tank.

Floating Pellets are good if you have a fish in your tank that eat from the surface. My Betta likes both and I would recommend trying both and seeing what kind your Betta prefers.

Sinking Pellets

My Betta Loves the Omega One Betta Buffet Pellets. I think he told me once that he likes the flakes better but sometimes he is flaky...uh.

The only problem with this is that the pellets sink and as explained above can cause some issues since I don’t have any bottom feeders yet. I will get some soon once I get around to it.
This also has superb ingredients as the flakes so if I would recommend trying this food out – or get your Betta to try it out.

You can get the Betta Pellets on amazon.

Floating Pellets

Floating Pellets are a lot less maintenance and more convenient if you don’t have the time to feed sinking pellets one at a time.

The Hikari Betta Bio Gold Pellets are a good floating pellet. I use this as a supplement since it contains some ingredients that the other foods don’t have such as Krill and a little spirulina for color enhancers. It’s not a big deal that there is a little spirulina in there since the food is fish meal based.

Since the food is Fish Meal based it’s a good supplemental food and I wouldn’t use it as the main food source. But variety is good for fish and humans alike. We don’t want to go around eating the same food every day either.

I’ve always had good success with the Hikari brand and I recommend getting it for your Betta.

Here is the link for the Hikari Betta Bio Gold Pellets from Amazon.
Bloodworms are a favorite food for Bettas. Bloodworms are the larvae of the midge fly which is a fly about the same size as a mosquito but the midge fly doesn’t bite.

I would recommend the Omega One Bloodworm Treats.

You don’t want to feed Freeze dried bloodworms as a main source of food. They are meant to be a treat and only fed on occasion. I feed my Betta freeze dried bloodworms two or three times a week. Sometimes not at all depending on the week.

You want to soak the bloodworms in water from your tank before you feed them so that your Betta doesn’t get sick from the bloating that could occur from eating them without soaking them. Other fish will enjoy these treats as well.

I love the Omega One brand and have been feeding this brand to my Betta’s for years.

I would also recommend the San Francisco Bay Bloodworms as well. It seems to be darker red giving the impression that there might be more blood in there. My Betta loves both.
You can get both the Omega One Bloodworm Treats and the San Francisco Bay Bloodworms from Amazon.

**Frozen Food**

Sorry I can’t give you a link for this since shipping frozen foods isn’t something that Amazon or any other online store ships, so you will have to physically go to a pet store to buy this.

But definitely get some because your Betta fish will love this!

This is probably the most favorite food of Betta Fish. By the time you read this I will have a video on my website showing how I feed this to my Betta.

I highly recommend getting the San Francisco Bay Brand. I have used their brand for years for all my fish and this bring delivers good quality.

One pack of this food will last for a long time. Like a year or more.

Tip – Keep the bloodworm package in a Ziplock bag to keep it fresh once you open it.

The way to feed the frozen food is to take a cube from the package and break off a piece from the cube and put it in a cup of water to thaw out. Once thawed put the bloodworm on your
finger and place it on top of the water. Or use a worm feeder as explained below in the live foods section.

Make sure and visit my site at BettaFishCareGuide.Net for All my videos.

**Live Food**

I don’t have a picture of this because I very rarely (never) feed my Betta Fish live bloodworms. You may be able to find them at your local pet store but it is pretty rare. If you have the opportunity to feed your Betta Fish live bloodworms, they will love it. Although thawed frozen bloodworms do just fine without the hassles of Live food.

Tip – There is a slight chance of spreading diseases feeding your fish live foods. I would trust the source of where you are getting your live food from.

One thing you will need if you feed live or frozen foods is a [worm feeder](#) like this:

You place the bloodworms in the cone and the fish will nip at the worms until they get sucked out of the little slits. I usually let the worm feeder float around but you can also use the suction cup to keep the feeder in one place. You can buy one of these at most aquarium stores or you can [get one from Amazon here](#).
Betta Fish Feeding Schedule:

How Often should Betta fish eat?

According to the fish food labels, Fish should eat 3 times a day as much as they can consume in 2 minutes.

I would NOT follow that advice. Obviously, they want to sell fish food.

I usually feed my fish once a day. Maybe 2 times a day and once a week I skip a day of feeding. It is not healthy to gorge fish. Especially Betta fish. They are susceptible to bloating and can get digestive problems. Not to mention the fact that your water quality can suffer causing you more maintenance.

Depending on the kinds of food you feed them, I would recommend feeding a few flakes or pellets per Betta and a few bloodworms.

Don’t worry about underfeeding your Fish. They can go several days, even sometimes weeks without eating.

If you keep to the schedule I recommend, your fish will not go hungry and will thrive and be healthy.

Keep an eye on their stomachs to see when the bulge is getting a little big and stop feeding at that point. Do not overfeed your Betta. It will take a little getting used to know what the perfect amount is.

It’s better to feed a little at a time more frequently than to feed a huge meal all at once.

Monitor your Betta Fish and if he sits at the bottom of the tank and looks stressed out or lethargic, you have fed him too much. Cut down the amount of food the next time and get used to the right amount.

Every fish is different so it’s up to you as a responsible pet owner to keep your Betta Fish healthy and happy.
Betta Fish Water – Maintaining Good Water Quality is Key

This is one of the most important topics in this guide to keeping your Betta Fish Healthy.

It all starts with the water quality. The most crucial and basic need of your Betta Fish is to maintain a healthy fish tank. This means keeping the water quality of your fish tank at an optimal level. Most fish diseases and causes of death for fish are caused by poor water quality.

Treating Water – Chlorine and Ammonia – A deadly combination

Chlorine is added to our water to kill organisms to make it safe for humans to consume. Chlorine is hazardous to our Fish (and not too good for humans).

Whenever you fill up your aquarium with water for the first time or add water or do water changes, you need to ensure that you neutralize or take the chlorine out of your water.

You can do this in many ways such as let the water sit out overnight to let the chlorine evaporate, use bottled water, use special Betta water sold at pet stores, use filtering methods such as reverse osmosis or carbon filtration as a few examples.

But the most effective AND convenient way to eliminate the effects of Chlorine is to simply use water conditioner that is sold at pet stores. Some work better than others but the best conditioner I’ve discovered and have used for decades is Ammo Lock from API.
This water conditioner **detoxifies ammonia**, chlorine, chloramines from water. This is all the bad stuff that is in our water that will kill your fish. **Ammonia is the #1 Killer of Freshwater aquarium fish.** Use Ammo Lock when your Ammonia levels get high along with water changes.

Tip – Don’t use this in your drinking water. It’s not for human consumption.

In addition to Ammo Lock, I would recommend using **Stress Coat** whenever doing water changes as well. This protects the slime coating of the fish and also conditions the water.

Stress Coat contains Aloe Vera which helps heal the fish. Stress coat removes chlorine, chloramines and heavy metals.

One capful of Ammo Lock and one capful of Stress Coat per 10 gallons of water is what I use. Don’t worry if you put a little too much in there. Overdosing is not usually a problem.

The combination of Ammo Lock and Stress Coat are the only water conditioners I ever use.

You can get **Ammo Lock** and **Stress Coat** at amazon as well.
**Do you need a Filter for your Betta Tank?**

You don’t need one, but you should have one. Like I said before, Betta fish are a hardy fish and can live in small spaces when they have to, but in order to reach the longest lifespan possible, you want to provide your Betta Fish with a filter. Betta Fish can live up to 5 years so it’s important to give them optimal conditions to live a long and healthy life.

Yes, you can put your Betta in a bowl or cool vase with plants in it, but Bettas really need good water quality to thrive and be happy. You will be doing more water changes in a bowl without a filter. Who wants to do water changes every other day? Not me.

I have 2 filters in my 10-gallon fish tank. I have an Under Gravel Filter (UGF) and a Power Filter.

I keep other fish in my tank so filtration is a must.

There are so many kinds of filters like UGF, Power Filters, Sponge Filters, Canister Filters, etc.

The kind you should get Depends on the size of the tank, the shape of the tank and the kind of fish you keep with your Betta Fish.

For me since I have my Betta in a 10-gallon fish tank and have other fish as well I am happy using an UGF and a Power Filter. Why 2 filters? Because when you are cleaning one filter, some of the beneficial bacteria gets cleaned away. If you don’t have another filter, you may experience Ammonia spikes, cloudy water.

Admittedly this may be overkill but I want as little hassle and maintenance as possible. I don’t want to be doing water changes all the time or having my fish die because I cleaned a filter.

The [Under Gravel Filter I use is a Penn Plax](https://www.pennplax.com/) brand. I have used Penn Plax for decades as well. I trust them and they have good quality products that are easy to use.
The one I use is for a 10-gallon standard rectangle tank. You should get the right size for your size and style of aquarium.

The power filter that I use is the Aqua Clear 20. It is suitable for aquariums up to 20 gallons.

I use the Aqua Clear because it filters 3 ways – Foam, Carbon and BioMax.

Both filters keep the water crystal clear and clean so that the fish are in a stable and healthy environment.

You can get both the Undergravel Filter and the Power Filter from Amazon.

Check out my video on how to setup a new aquarium. I use these filters and show you how to set them up.
When Do You Need to do Water Changes?

Aquarium maintenance should be performed at regular intervals depending on the filtration method. This is very important to keep the water quality of your tank at best levels.

If you have a bowl or a tank without a filter, you will need to do water changes every few days or every week at least.

If you have a filter, you can do water changes about every 2-4 weeks.

For routine water changes, you will want to siphon out about 25% of the water using a gravel vacuum to get all the fish poop and other debris from the bottom of the tank. This lowers the amount of ammonia which is the #1 killer of freshwater fish as we previously discussed.

Watch my video on how to do a water change.

You can get a gravel vacuum from amazon here.
**Testing the water in the fish tank**

You will need to test the water on your fish tank at regular intervals.

Absolutely test your water before you introduce new fish ensuring you bring them into a good environment. You should also test your water when there are sick fish or your fish seem stressed out or laying at the bottom of the tank. Usually most sickness result from, or are related to poor water quality.

You can get your water tested from most aquarium stores. Sometimes for free or if you are into doing it yourself like I am, you can test it yourself.

The API freshwater test kit is what I use and recommend. It is easy to use and has simple instructions on each bottle on how many drops to put in each vial.

The tests you want to perform are: Ammonia, Nitrites and pH.

We talked about Ammonia and you know why that is important to test for it. I also explain what nitrites and pH are and why they are important in my video [How to Test Your Water](#).

You can get [Freshwater Master Test Kit](#) from Amazon.
**Stable Water Temperature**

Betta Fish are tropical fish so they need to live in an environment around 78-82 degrees so you need to have a heater to make sure the temperature stays within this range.

There are tons of heaters out there and most do just fine. One heater I would recommend for a 10 gallon tank is the [hygger submersible heater](#). This is a good heater at a much better price that most. It also has a protective sleeve so the glass and fish won’t get burned.

You can get the [hygger heater](#) from Amazon.
Can Betta Fish Live with other fish

Betta Fish have the reputation that they won’t live with other fish.

The truth is that they can live happily with other community fish in peaceful coexistence. It just depends on what other kind of fish live with the Betta Fish. But for sure Male Betta Fish should Not be kept with other Male Bettas.

Some types of fish that are compatible and do quite well with Betta Fish are:

Neon Tetras – and most other tetras
Guppies, Swordfish, Platys and most other live bearing community fish
And other community fish.

I hope this guide has been helpful in taking great care of your Betta Fish. I tried to put the essential items and facts you need to be successful in raising healthy and happy Betta Fish.

Make sure and visit BettaFishCareGuide.net frequently for the latest news and Betta Care info.
To Learn Advanced Topics like how to breed betta fish and treating betta fish diseases I would recommend a book by Marcus Song.

His Guide Provides In-depth Explanations about What You MUST Know to Keeping Healthy and Happy Betta Fish like:

- Increasing Your Betta’s Life Expectancy
- How to prevent Bettas from fighting
- Breeding Your Bettas
- 3 warning signs that indicate your little one feels too confined.
- An Easy Way To Reduce the Amount of Water Changes You Have to Do by 70% to 80%
Enjoy the pleasure of having a Betta who’s so happy he wags his tail and dances whenever he sees you. You feel happy because you’ve given him a fun life.

Discover the Secrets the Pet Stores Don’t Want You to Know.

We all want a Beautiful, Healthy Betta Fish... Swimming Happily in a Stunning Tank... Without Having to Spend a Bundle or Constantly Worry About Your Betta’s Health Right?

A Special Price of $27 Available for a Limited Time.

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