



Feeding and Feed for our STENDKER Discus Fish

Our tip for easy, all-round feeding of discus fish:

Continue to feed our discus fish 3 x per day with the STENDKER Discus Feed they are accustomed to. We have successfully used this feed as a complete feed in our discus hatchery for more than 47 years.

Other species of fish also enjoy our feed.

(Available in specialist pet shops as frozen feed)

Dosage and Feeding

Please feed your fish 3 x per day with our STENDKER Discus Feed.

1 x morning (1 hour after the daytime lighting is switched on)

1 x midday (preferably at the same time each day)

1 x evening (2 hours before the daytime lighting is switched off).

Discus fish become accustomed to their regular feeding times and will be waiting for their feed expectantly. This makes it possible to hand-feed them before long. When hand-feeding, you must of course have clean hands, free of traces of soap or hand lotion (scrub your hands thoroughly under running water).

Feed Dosage for our “Good Heart” STENDKER Discus Feed:

Our feed is ideally suited as a complete feed. Please do not feed too much and **be certain to defrost prior to feeding**. (Tip: defrost the feed in a plastic container with a well-sealing lid in your fridge the night before feeding)

For 10 discus fish with a size of:

- 6,5 to 12 cm (2,5” to 4,7”),

you will need approx. ½ to 1 blister (2,5 to 5 g / 0,1 to 0,2 oz), per meal
(per meal, which corresponds to 7,5 to 15 g / 0,3 – 0,5 oz, per day.)

- 12 to 18 cm (4,7” to 7”), you will need approx. 1 to 1 ½ blisters (5 to 7,5 g / 0,2 - 0,3 oz) per meal, which corresponds to 15 to 22,5 g / 0,5 – 0,75 oz, per day.

Give your fish the amount of feed, which they completely eat within five minutes. Please do not feed greater amounts, as uneaten feed rests will impact very negatively on the aquarium water quality and water chemistry values. Discus fish sometimes over-eat, as they do not have a pronounced sense of satiation. Providing too much feed may lead to over-feeding.

Please be absolutely certain to defrost frozen feed before feeding! Discus feed dislike feed which is hard in texture and may lose their appetite, if they bite into frozen feed. In addition, feed which is still frozen has been known to cause inflammations of the air bladder or inflammations of the intestine in some discus fish.

Depending on the size of your aquarium and the number of fish, it can be helpful to feed in **2 – 3 separate feeding locations**, as this gives the weaker fish in your group a good chance to feed too. The defrosted feed can easily be split into smaller portions using a knife or spoon, which you can also use for feeding. Our discus fish and other companion fish eat our feed very quickly and eagerly.

Should you not have the time to be able to feed your fish 3 times per day, then it is generally sufficient to feed them in the morning and evening. The total daily feed amount should remain the same. However, for smaller discus fish (less than 8 cm / 3” in size), three meals per day are



preferable, to ensure steady growth.

You can also give your fish small snacks, e.g. mosquito larvae. (However, please do not feed red mosquito larvae, as these often live in unsanitary waterways and could contaminate your aquarium with pathogens.)

Instructions for defrosting STENDKER Frozen Discus Feed:

Remove the required amount of frozen feed for 2 days (with 3 feeds per day) from your freezer.

TIP: Using gardening pruners/ secateurs, you can easily cut the required feed amount from the frozen 500 g / 17,64 oz feed slabs. You can also cut the feed into small portions.

When our frozen feed is defrosted, it will keep for approx. 2 – 3 days in your fridge.

This means that you do not need to defrost food daily. Place the frozen feed in a plastic container with a well-sealing lid. Place this container in your fridge, for gradual defrosting. After approx. 6 hours, the defrosted feed is ready for use. Should your defrosted feed begin to ferment or smell unpleasant after a few days, please discard it and thoroughly clean the plastic container with hot water. Then defrost some new feed for the next two days. Please **do not defrost the feed in a kitchen strainer under running water**, as this will wash out important vitamins.

Because our discus fish are accustomed to and love our Discus Feed, they go positively wild about it, which is a little reminiscent of Piranhas! Don't be concerned, if all you see at the end of a meal is a "cloud of dust". Our feed is eaten very eagerly and quickly.

What makes our STENDKER Discus Feed so good:

We have been breeding discus fish for over 45 years (in Germany) and during this time, we have developed a feed-mix which caters especially to the needs of discus fish. We feed the discus fish in our hatchery **exclusively** with our **STENDKER Discus Feed**. It contains everything discus fish need for a healthy diet and is ideally suited as a complete feed. STENDKER Discus Feed contains a blend of beef heart, vegetable content and much more, which plays a big role in keeping our fish healthy.

When you see our fish, you'll be able to tell straight away how well they thrive on our STENDKER Discus Feed. Why not try our feed and form your own opinion? The quality of a feed naturally depends upon: meticulous feed production, the right mixing ratios of the contents, high-quality ingredients and composition, and gentle processing. You can rest assured that we have taken all of these factors into consideration, so that our discus fish are healthy and thrive.

So that you can feed your discus fish with high-quality, comprehensive and easy-to-use feed, we sell our STENDKER Discus Feed as an all-round, complete feed in specialist pet shop. Our STENDKER Discus Frozen Feed is available 100 gram blisters and 200 or 500 gram flat blocks.

This wholesome and balanced feed-mix plays an important role in keeping your fish healthy, in ensuring the vibrant colours of your fish, and in promoting good growth and reproduction. Ask your specialist pet shop for information on our discus feed.

Tip: using gardening pruners/secateurs, you can easily cut the required feed from the frozen.

Did you know? Other species of fish love our discus feed too and your aquarium plants will probably not need any extra fertiliser, if you feed your fish with our discus feed.



General information about feeding discus fish

Beef heart as a discus feed has been criticised in the media because “there are no cattle in the Amazon for discus fish to eat”. We consider this criticism to be unwarranted. Beef cattle are not treated with hormones and are regularly tested accordingly by veterinarians. Beef heart is animal protein, which discus fish would eat in the wild in the form of small crustaceans, worms and insect larvae. As some of these feeds are hard to source in our part of the world, are expensive or have high toxin/ pollutant levels, beef heart is a popular source of protein for discus fish. However, we consider beef heart not to be sufficient as the only source of nutrients for discus fish.

Turkey heart should not be fed, in our opinion, as turkeys are usually fattened using hormones, so that they reach their slaughter weight within 12 weeks. These hormones accumulate in the tissue of the turkey’s heart. Hormone traces in turkey heart discus feeds can result in the fish reaching sexual maturity artificially early (at the age of 6 months, instead of after 1 ½ years). For this reason, we do not feed our discus fish with turkey heart.

Red mosquito larvae and Tubifex are also not suitable as a discus feed, in our opinion. Both animals live in very unsanitary water (liquid manures) and can easily spread bacterial infections to your aquarium.

Cyclopes are also not suitable, in our opinion, as these are often infected with tapeworm larvae. After feeding, the larvae develop into tapeworms inside the discus fish and can lead to massively impaired growth.

Dried feeds are also not very suitable for discus fish, in our opinion, as discus fish do not enjoy eating dried feeds. This results in the discus fish not eating enough and hence getting too few nutrients. To ensure normal growth and stable health in the long term, dried feed is insufficient as a source of nutrients, in our opinion.

Other types of frozen feed, e.g. **water fleas, brine shrimp (Artemia), small crustaceans, white and black mosquito larvae are good supplementary feeds**, in our opinion. However, these are just “treats” and not suitable as a main feed because the nutrient content of these feed types is quite low.

Additional Information: Refusal to feed after transport and introduction

As the process of transport and introduction to a new aquarium is quite stressful for fish, discus fish (especially larger sized discuses) may not begin feeding for up to four weeks. Smaller discus fish (up to 14 cm / 5,5”) are more stress-tolerant, feel at home in their new surroundings more quickly and generally start feeding well the day after being added to your aquarium. As our discus fish are generally well-nourished, a refusal to feed for four weeks does not pose a serious problem for almost fully-grown discuses. We recommend that you gradually raise the temperature of your aquarium water to 33°C / 91°F for approx. two weeks, if your fish are refusing to feed after transport. (Don’t forget to remove your plants first!) The raised temperature will increase your fishes’ metabolic rate and their appetite. Also, our discus fish will begin feeding more easily, if you continue to feed them the STENDKER Discus Feed, which they are accustomed to.