A Trout’s Diet
A Trout’s Diet - What Trout Eat -

This poster shows an underwater scene with a trout in his holding lie and a number of examples of different foods a trout might eat. Trout are carnivores and will eat almost any animal they can catch that will fit into their mouths. Only a small number of the many animals a trout will eat are shown.

Each animal shown on this poster is identified with a number. A corresponding number is listed below to help with identification.

**A.** Trout eats any animal that is smaller than itself.

**B.** Some examples include tadpoles, small minnows, and small crustaceans. There are many other examples of small animals available to trout.

**C.** Terrestrial animals may be insects or amphibians. They are usually available to trout after rain or during other times of the year. These animals may be carried into streams by rivers or flowing water.

**D.** Fish are eaten by trout. Examples include small minnows, small shad, small suckers, and small sunfish. These fish are usually eaten when they migrate during the spring or summer months.

**E.** Small crustaceans, including shrimp, crayfish, and crabs, are available to trout. They are usually eaten when they enter streams during the spring or summer months.

**F.** Aquatic insects, including mayflies, salmon flies, and caddis flies, are available to trout. They are usually eaten when they enter streams during the spring or summer months.

**G.** Other small animals, including spiders and ants, are available to trout. They are usually eaten when they enter streams during the spring or summer months.

**H.** Amphibians, including frogs, toads, and salamanders, are available to trout. They are usually eaten when they enter streams during the spring or summer months.

**I.** Fish are available to trout. They are usually eaten when they enter streams during the spring or summer months.

**J.** Aquatic plants, including algae and water grasses, are available to trout. They are usually eaten when they enter streams during the spring or summer months.

**K.** Other small animals, including spiders and ants, are available to trout. They are usually eaten when they enter streams during the spring or summer months.

**L.** Aquatic insects, including mayflies, salmon flies, and caddis flies, are available to trout. They are usually eaten when they enter streams during the spring or summer months.

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