Cichlids
correct feeding for
a good husbandry
Dear Cichlid-friend,

We have produced this brochure in order to make easier for you to give your cichlids the right food and care for this species. With about 2,000 varieties of cichlid, all types of eating habits are represented here: from plant-eaters to omnivorous species to pure predators. Giving the right food makes sense, as the wrong food will be excreted by the fish undigested (or partially digested). Incorrect feeding is proven to lead to increased water pollution. Clean (unpolluted) water free of ammonium/ammonia and nitrite is a basic requirement of successful aquarium-keeping – special water qualities are often only essential for breeding.

Wishing you continued pleasure from this fascinating group of fish!

Your JBL Research Team

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**Water values**

Many Central American cichlid hardly place any high demands on special water conditions, except that ammonium and nitrite should not be measurable. The same species can often be found in widely varying types of water. In South America the water is often soft (GH/KH < 5 °) with acidic (5-6) to slightly acidic (6-6.9) pH levels. Although this is not important for keeping these fish, it is often vital for breeding. For cichlids from the African Rift Valley lakes, Lake Malawi and Lake Tanganyika it is important to know that the carbonate hardness (KH) is higher in both of these lakes than the total hardness (GH), as the lakes are fed by soda springs which increase the KH but not the GH. Here the rule also applies: regular changes of water are more helpful than “dabbling around with the water” to achieve a certain quality. Nevertheless, these cichlid also display brighter colours and a higher rate of offspring if the natural water quality is copied as closely as possible.

**Feeding in a community aquarium**

If predators and plant-eaters are kept together in one aquarium, the aquarium-keeper is faced with the question of which food to give. It is important that both types of food are taken into consideration. Observations made in Lake Malawi showed that the plant (aufwuchs) eaters also like to eat fish protein! They devoured dead fish within seconds (see JBL Expedition South Africa/Malawi: www.jbl.de). However, this was an exception to their normal diet. Care is only needed with some special types of food such as red mosquito larvae also Tubifex, which are not tolerated at all by some species (e.g. Tropheus) and can even lead to death!
Small predators under 10 cm
Central and South America

Recommended water values:
KH 4-6 °, pH 6-7

Temp.:
25-28 °C

Recommended products:
Osmosis system
(to reduce water hardness)

JBL Tropol (for tropical water conditions)

JBL CO₂ system
(for pH 6-7)

Recommended Food:
JBL Grana, JBL NovoGranoColor

Flag cichlid
(Laetacara species)

Nannacara anomala
(Nannacara species)

Dwarf cichlid
(Apistogramma species)

Ram cichlid
(Microgeophagus ramirezi)

Chessboard cichlid
(Dicrostus filamentosus)
Recommended Food:
JBL NovoGrand, JBL NovoStick M, JBL GranaDiscus, JBL GranaCichlid, JBL NovoFil

Medium-sized predators 10 – 20 cm
Central and South America

- Discus
- Demon earth-eater (Geophagus species)
- Keyhole cichlid (Cleithracara maronii)
- Thorichthys meeki
- Flag cichlid (Mesonauta species)
- Archocentrus species
- Aequidens species
- Archocentrus multispinosus
- Angelfish (Pterophyllum scalare, -altum)
Recommended water values:
KH 5-10 °, pH 6-7,5

Temp.:
25-28 °C

Recommended products:
JBL Tropol (for tropical water conditions)

JBL CO₂ system
(for pH 6-7,5)

Large predators 20-40 cm
Central and South America

Recommended Food:
JBL NovoStick XL, JBL NovoTab

Oscar
(Astronotus species)

Crenicichla species

Uaru
(Uaru amphiacanthoides)

Striped cichlid
(Heros species)

Herichthys carpintis

Large Vieja species
West and Central Africa
Africa

Recommended Food:
JBL NovoColor, JBL GranaCichlid, JBL NovoTanganjika

Recommended water values:
KH 4-6 °, pH 6-7,5

Temp.:
25-26 °C

Recommended products:
Osmosis system
(to reduce water hardness)

JBL Tropol (for tropical water conditions)

JBL CO₂ system
(for pH 6-7,5)

Victoria mouth brooder
(Haplochromis species)

Red cichlid
(Hemichromis species)

Tilapia species
(omnivorous and herbivorous)

Purple cichlid
(Pelvicachromis species)

Emerald cichlid
(Pelvicachromis taeniatus)

Lionhead cichlid
(Steatocranus casuarius)

Steatocranus tinanti

Telegramma brichardi
Predators
East Africa - Lake Tanganyika

Recommended water values:
KH 8-20 °, pH 7,5-9
Temp.: 24-26 °C

Recommended products:
JBL AquaDur Malawi/Tanganjika
(JBL pH-Plus) (to increase the pH level)
(for the correct water hardness: KH higher than GH)

Recommended Food:
JBL NovoTanganjika, JBL NovoTab

JBL pH-Plus (to increase the pH level)

Neolamprologus buescheri
Julusochromis marlieri
Fairy cichlid (Neolamprologus brichardi)
Tanganyika gold cichlid (Neolamprologus longior)
Spotfin goby cichlid (Tanganicodus irsacae)
Neolamprologus similis
Neolamprologus cylindricus

Ophthalmotilapia species

Paracyprichromis species

Telmatochromis bifrenatus

Tanganyika humphead cichlid
(Cyphotilapia frontosa)

Ophthalmotilapia species

Triglachromis otostigma

Paracyprichromis species
Grazing Cichlids
East Africa - Lake Tanganyika

Recommended Food:
JBL Spirulina, JBL NovoMalawi, JBL NovoRift, JBL NovoFect

Recommended water values:
KH 8-20 °, pH 7,5-9
Temp.: 24-26 °C

Recommended products:
JBL AquaDur Malawi/Tanganjika
(for the correct water hardness: KH higher than GH)

JBL pH-Plus
(to increase the pH level)

Tropheus species / coloured varieties
Stuart Grant’s († 2007) fish station has the longest tradition and is the largest on the whole of Lake Malawi. From here the famous cichlid are sent throughout the world. The JBL Team met Stuart Grant and his team during the 2006 JBL Expedition and left some food samples, which had been taken along for underwater feeding trials, with the fish-catchers at the station. The station’s fish-keepers were so impressed that, despite the cost of the airfreight from distant Germany, they now feed their fish with JBL food until they are transported. The JBL food range came out top in every comparison with other types of food which have been tried in the past. Since changing to JBL, the improved resistance of the cichlids has reduced losses in transport!
Recommended Food:
JBL NovoTanganjika, JBL NovoTab, JBL NovoStick M

Predators
East Africa - Lake Malawi

Recommended water values:
KH 5-15 °, pH 7.5-8.5
Temp.:
24-26 °C

Recommended products:
JBL AquaDur Malawi/Tanganjika
(for the correct water hardness: KH higher than GH)

JBL pH-Plus
(to increase the pH level)

Kaiserfish
(Aulonocara species)

Humphead
(Cyrtocara moorii)

Nimbochromis linni

Fuscotaeniatus
(Nimbochromis fuscotaeniatus)

Electric blue
(Scianochromis fryeri)
Grazing cichlids
East Africa - Lake Malawi

Recommended Food:
JBL NovoMalawi, JBL Spirulina, JBL NovoRift, JBL NovoFect

Recommended water values:
KH 5-15 °, pH 7.5-8.5
Temp.: 24-26 °C

Recommended products:
JBL AquaDur Malawi/Tanganjika
(for the correct water hardness: KH higher than GH)

JBL pH-Plus
(to increase the pH level)

Pseudotropheus lombardoi
(all Pseudotropheus species)

Golden mbuna
(Melanochromis auratus and related species)

Malawi zebra mbuna
(Maylandia species)

Blue mbuna
(Labeotropheus species)

Petrotilapia species

Elongate mbuna
(Pseudotropheus elongatus)
Predators/Omnivores
Asia & Bred varieties

Recommended Food:
JBL NovoFlower mini/ JBL NovoFlower maxi, JBL NovoGranoColor

Etroplus suratensis

Flowerhorn cichlid (bred variety)

Recommended water values:
KH 4-8 °, pH 6-7,5

Temp.:
24-28 °C

Recommended products:
Osmosis system
(to reduce water hardness)

JBL Tropol (for tropical water conditions)

JBL CO₂ system
(for pH 6-7,5)
Cichlids
correct feeding for
a good husbandry

Your specialist retailer