# Who is the Nile tilapia?

They are cichlids closely related to some popular varieties of aquarium fish. They are native to the Nile river system, central Africa and parts of the Mediterranean Middle East. They can live to over 10 years old and weigh over 5kg. In farming systems they are typically harvested within 8 months at 500g or less, so they do not reach adulthood during their lifetime.



### How do Nile tilapia spend their day?



# What does the Nile tilapia want?

10 to display social behaviours

to be able to explore the substrate

to have access to vegetation and shelter

> to display natural behaviours like foraging

Resting Nile tilapia mainly rest at night and try to find shelter.

#### Foraging

They are opportunistic omnivorous feeders. They consume mainly plants, plankton, insect larvae and detritus which they tend to graze from surfaces.

#### Swimming

They mainly swim close to their territory during the daytime. They are adaptable and their behavior depends on the conditions of their local habitat.

#### Breeding

Mating follows a social hierarchy. The males build nests which are visited by the females. The females nurse their young in their mouths.



## What can Nile tilapia do?

Females nurse their young in their mouths until they are able to feed independently

Tilapia can adapt to salty water

Give them good quality food Give them enough space Give them substrate to explore and enrichment Give them good quality water Give them a life free from pain and suffering

They communicate to defend their territory by making sounds

> Males change color when mating

Eye color in male fish changes to display social status

### How can we provide Nile tilapia with a good quality life?

