



Elephant Appetites

Elephants are plant eaters, or herbivores. Adult elephants eat about 300 pounds of food a day. It takes a long time to find and eat 300 pounds of food - they spend 16 to 20 hours a day eating!

They eat leaves, roots, grasses and bark. They love fruit - especially dates, plums, berries and coconuts. What they eat depends on their habitat and what is available to them. Elephants use their trunks to get fruit and leaves from trees. If the food is out of reach, they will pull the tree out of the ground or ram the tree to knock it down.