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## The Gorilla's Diet: What Do They Eat?

Gorillas are fascinating animals known for their large size and strength, but did you know they have a unique diet? Gorillas are herbivores, which means they mostly eat plants. They do not eat meat like carnivores, nor do they have a mixed diet like omnivores. Their meals consist mainly of leaves, stems, fruits, and bamboo shoots.

A gorilla's diet depends on its habitat. Mountain gorillas live in cooler, forested regions and eat a lot of leaves and stems since fruits are rare there. On the other hand, lowland gorillas have more access to fruits and will eat them whenever they are available. Gorillas also eat flowers, seeds, and bark to stay healthy and full.

Gorillas spend a lot of their day foraging, or searching for food. They move around their environment to find fresh plants and fruits. Sometimes, they use their strong hands to break branches or pull up plants to eat. Even though they eat a lot, gorillas are gentle creatures that do not harm other animals for food.

A fully grown adult gorilla can eat up to 40 pounds of food a day! They need this much food to fuel their large bodies. Gorillas also play an important role in their environment by spreading seeds from the fruits they eat, helping new plants grow.

Learning about a gorilla's diet helps us understand how important plants are for their survival and how we can help protect their habitats.