

# All About Grizzly Bears

**Diet:** Grizzly bears spend a significant part of their day foraging for food. They have an omnivorous diet, primarily consuming berries, nuts, roots, and grasses. However, they also hunt and scavenge, feeding on fish, small mammals, and carrion. During the salmon run, they gather near rivers and streams to feast on fish, which helps them build up fat reserves. On average, they can eat up to 90 pounds of food per day to prepare for hibernation.

**Traits and Behaviors:** Grizzly bears are large mammals with thick fur that ranges in color from light brown to dark brown. They are known for the distinctive hump of muscle on their shoulders, which gives them incredible strength. Both males and females have sharp claws, which they use for digging and hunting. Grizzlies love to play! Cubs often wrestle with each other to build strength and learn important survival skills.



**Scientific name:** *Ursus arctos horribilis*

**Body length:** 6-8 feet

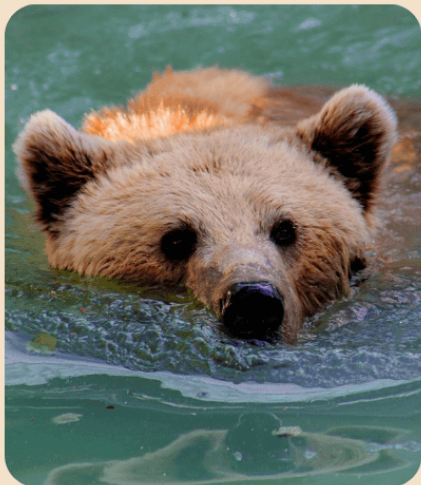
**Height:** 3 to 4 feet at the shoulder (standing up to 8 feet on hind legs)

**Weight:** 400–1,200 pounds

**Gestation period:** 180–250 days

**Life span:** 20 to 30 years in the wild

**Habitat:** Forests, river valleys, and mountainous regions of North America.



## Interesting Facts:

- Grizzlies are strong swimmers and can cross large rivers.
- Grizzlies will rub against trees to leave their scent and scratch marks.
- Before hibernation, grizzlies eat up to 20,000 calories a day.
- Grizzly cubs remain with their mothers for 2–3 years to learn survival skills.
- Grizzlies are super fast and can run up to 35 miles per hour.
- Grizzlies have a great sense of smell and can smell food from a mile away.