

Guinea Pig Diet: Fresh Fruit and Vegetables

Feed at least one cup of fresh vegetables per guinea pig daily.

Try to feed a wide variety of vegetables.

If you don't know that a vegetable is safe to feed, don't feed it!

Feed unlimited amounts of hay and 1/8 cup of pellets per day as well.

Step 1: Choose Greens & Bell Pepper	Step 2: Choose 1-3 Other Vegetables
<p style="text-align: center;">Pick 1-2 Lettuce Types:</p> <ul style="list-style-type: none"> ▪ Butterhead Lettuce ▪ Endive ▪ Escarole ▪ Green Leaf Lettuce ▪ Radicchio ▪ Red Leaf Lettuce <p style="text-align: center;">Add 1/8 Bell Pepper:</p> <ul style="list-style-type: none"> ▪ Green ▪ Red ▪ Yellow 	<p style="text-align: center;">Can Be Fed DAILY:</p> <ul style="list-style-type: none"> ▪ Cilantro ▪ Tomatoes (<i>Red, Grape, Cherry</i>) ▪ Zucchini (<i>with Skin</i>) <p style="text-align: center;">Can Be Fed OCCASIONALLY (Feed up to 2-4 Servings of the Following Per Week):</p> <ul style="list-style-type: none"> ▪ Arugula ▪ Baby Carrot (<i>1 per guinea pig as a treat</i>) ▪ Beans (<i>Snap; Green</i>) ▪ Broccoli Leaves ▪ Celery (<i>Chopped into Small Pieces</i>) ▪ Corn Husks and Silk ▪ Cucumber ▪ Chicory Greens ▪ Dandelion Greens ▪ Garden Cress ▪ Mustard Greens ▪ Parsley ▪ Peas ▪ Romaine Lettuce ▪ Squash (<i>Summer or Winter</i>) ▪ Thyme ▪ Turnips <p style="text-align: center;">Can Be Fed RARELY (Feed 1-2 Servings of the Following Per Week at Most):</p> <ul style="list-style-type: none"> ▪ Asparagus ▪ Basil ▪ Beets ▪ Broccoli ▪ Brussels Sprouts ▪ Cauliflower ▪ Collard Greens ▪ Dill ▪ Kale ▪ Raw Pumpkin (<i>No Seeds</i>) ▪ Spinach ▪ Turnip Greens ▪ Watercress
<p style="text-align: center;">Fruit</p> <p style="text-align: center;">Can Be Fed ONCE OR TWICE Per Week in Small Amounts as Special Treats</p> <ul style="list-style-type: none"> ▪ Apple (<i>Core and Seeds Removed</i>) ▪ Blackberries ▪ Blueberries ▪ Cantaloupe ▪ Grapes (<i>Red or Green; Seedless</i>) ▪ Kiwi ▪ Mango ▪ Melon ▪ Oranges (<i>with Peel</i>) ▪ Peach ▪ Pear ▪ Pineapple ▪ Plum ▪ Raspberries ▪ Strawberries ▪ Watermelon (<i>with Rind</i>) 	