

GUINEA PIG SAFE VEGETABLE AND FRUIT LIST

Vegetables

Can be fed daily, ~1/4 Cup

- Green Leaf Lettuce
- Red Leaf Lettuce
- Butter Lettuce
- Endive
- Green Bell Pepper
- Cilantro
- Tomatoes (1" slice or one cherry tomato per pig)
- Zucchini with skin
- Escarole

Vegetables

Can be fed 2-4 times weekly

- Red, Orange or Yellow Bell Pepper
- Arugula
- Baby Carrot (one per pig as a treat)
- Green Beans
- Snap Peas
- Celery
- Corn Husks and Silk
- Cucumber (can cause gas in some piggies, is rare but watch for this)
- Romaine Lettuce
- Parsley
- Wheat Grass (Cat Grass) or Grass (be sure grass is not treated with pesticides)
- Chicory Greens
- Mustard Greens
- Squash

Safe Fruits

To be fed sparingly, once a week
<1 teaspoon

- Apple (no core, no seeds)
- Blackberries
- Blueberries
- Cantaloupe
- Raspberries
- Strawberries
- Watermelon with rind
- Banana
- Melon
- Mango

Foods that are unsafe to feed

- | | |
|--|------------------|
| • Frozen or Cooked Vegetables | • Avocados |
| • Iceberg Lettuce | • Nuts |
| • Cabbage | • Potatoes |
| • Broccoli | • Seeds |
| • Brussel Sprouts | • Corn Kernels |
| • Cauliflower | • Peanut Butter |
| • Yogurt Drops | • Rhubarb |
| • Chocolate (or anything else with caffeine) | • Bok Choy |
| • Onions | • Dairy Products |
| • Garlic | • Bread |
| • Mushrooms | • Meat |
| | • Salt Licks |

