

The keys to a good diet for your guinea pigs are to use a wide range of vegetables and a bit of fruit. Keep fruits and vegetables low in calcium, low in oxalic acids and to aim for a good balance of Calcium:Phosphorus (Ca:P) between 1.5:1 and 2:1  
 There is a great Ca:P ratio calculator on the nutrition page at [www.guinealynx.info](http://www.guinealynx.info) .

All foods in 100 gram portions \*except where noted.

100 grams = approximately 3.6 ounces, measurements are in g-grams, mg-milligrams and mcg-micrograms.

All foods raw \*except where noted, n/a= no data available

Groups are divided as follows:

<b>A=Almost Daily</b>	<b>B=Frequently 2-4 times per week</b>	<b>C=Occasionally 1-2 times per week</b>	<b>D=Rarely/Sparingly 1-2 times per month</b>
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Key to charts below:

S=Sugars	Ca=Calcium	Ph=Phosphorus
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Greens/leafy greens	S (g)	Ca (mg)	Ph (mg)	Vit. C (mg)	Vit. A (mcg)	Oxalic Acid (mg)	Ca:P ratio	Comments
Arugula	2.05	160	52	15	119	n/a	3.0:1	
Basil (25 grams)	.07	038	17	4.5	66	n/a	2.2:1	
Beet Greens (leaves)	.50	117	41	30	316	610	1.3:1	High in Ca, A and Oxalates
Broccoli, leaves	0	48	66	93.2	800	n/a	0.7:1	Very high in A, use sparingly
Chard, Swiss (silverbeet)	1.10	51	46	30	306	n/a	1.1:1	
Cilantro (25 grams)	.22	17	12	6.8	84	2.5	1.4:1	
Chicory greens	0.70	100	47	24	286	n/a	2.1:1	
Collard Greens	.46	145	10	35.3	333	450	14.5:1	High in Ca, A and oxalates, feed small portions
Cress, garden	4.40	81	76	69	346	n/a	1.0:1	
Dandelion greens	3.85	187	66	35	247	n/a	2.8:1	Flowers, root also edible
Dill (25 grams)	0	52	16	21.2	96	n/a	3.2:1	
Endive, Belgian	.25	52	28	6.5	108	110	1.8:1	
Endive, Curly	0	19	26	2.8	1	n/a	0.7:1	
Kale	0	135	56	120	769	20	2.4:1	Very high in A, use sparingly
Lettuce, butterhead	.94	35	33	3.7	166	n/a	1.0:1	Same for boston & bibb lettuce
Lettuce, romaine or cos	1.19	33	30	24	290	n/a	1.1:1	
Lettuce, green leaf	.78	36	29	18	370	n/a	1.2:1	
Lettuce, red leaf	.48	33	28	3.7	375	n/a	1.1:1	
Mustard greens	1.60	103	43	70	525	n/a	2.4:1	
Parsley (25 grams)	.21	34	14	33.2	105	425	2.4:1	
Spinach	.42	99	49	28.1	469	970	2.0:1	Very high in A and oxalates
Sweet Potato leaves	.00	37	94	11	0	n/a	0.4:1	
Thyme (25 grams)	.00	101	26	40	60	n/a	3.9:1	
Turnip greens	.81	190	42	60	0	50	4.5:1	
Watercress	.20	120	60	43	235	310	2.0:1	

Other Veggies	S (g)	Ca (mg)	Ph (mg)	Vit. C (mg)	Vit. A (mcg)	Oxalic Acid (mg)	Ca:P ratio	Comments
Artichoke	0	44	90	11.7	0	n/a	0.5:1	
Asparagus	1.88	24	52	5.6	38	130	0.5:1	
Beans, snap, green	1.40	37	38	16.3	35	360	1.0:1	Only feed 1-2 per pig
Beets	6.76	16	40	4.9	2	n/a	0.4:1	
Broccoli	1.70	47	66	89.2	33	190	0.7:1	Very gassy, use sparingly
Brussels Sprouts	2.20	42	69	85	38	360	0.6:1	Very gassy, use sparingly
Cabbage, green	3.58	47	23	32.2	9	100	2.0:1	Very gassy, use sparingly
Cabbage, red	3.91	45	30	57	56	100	1.5:1	Very gassy, use sparingly
Cabbage, Savoy	2.27g	35	42	31	50	100	0.8:1	Very gassy, use sparingly
Cabbage, pak-choi	1.18	105	37	45	223	n/a	2.8:1	Very gassy, use sparingly
Carrots, baby (1 med)	.48	3	3	.8	69	50	1.0:1	1 per pig per day is ok
Cauliflower	2.40	22	44	46.4	1	150	0.5:1	Very gassy, use sparingly
Celery	1.83	40	24	3.1	22	190	1.7:1	Cut into pieces, remove strings
Corn on the cob, (1 med ear)	2.90	2	80	6.1	9	9	0.3:1	Husk/silk can be fed daily
Cucumber, with peel	1.67	16	24	2.8	5	20	0.7:1	
Peas, edible-podded	4.00	43	53	60	54	50	0.8:1	1-2 pods per pig
Peppers, bell, green	2.40	10	20	80.4	18	40	0.5:1	
Peppers, bell, yellow	n/a	11	24	183	10	40	0.5:1	
Peppers, bell, red	4.20	7	26	190	157	40	0.3:1	High in sugar
Pumpkin, raw	1.36	21	44	9	369	n/a	0.5:1	Do not feed seeds
Radicchio	.60	19	40	8	1	n/a	0.5:1	
Radishes, mild	2.12	25	20	14.8	0	480	1.3:1	High in oxalates
Squash, summer, all	2.20	15	38	17	10	20	0.4:1	
Squash, winter, all	2.20	28	23	12.3	68	20	1.2:1	
Sweet Potato	4.18	30	47	2.4	709	240	0.6:1	High in sugar, A and oxalates
Tomatoes, red, ripe	2.63	10	24	12.7	42	n/a	0.4:1	
Tomatoes, cherry (1)	.45	2	4	2.2	7	n/a	0.5:1	1-2 per day is ok
Turnips	3.80	30	27	21	0	210	1.1:1	High in sugar and oxalates
Yam	.50	17	55	17.1	7	n/a	0.3:1	
Zucchini, with skin	1.73	15	38	17	10	20	0.4:1	

Fruits	S (g)	Ca (mg)	Ph (mg)	Vit. C (mg)	Vit. A (mcg)	Oxalic Acid (mg)	Ca:P ratio	Comments
Apples, with skin	10.39	6	11	4.6	3	n/a	0.5:1	Very high in sugar
Apricot	09.24	13	23	10	96	n/a	0.6:1	
Banana (may constipate)	12.23	5	22	8.7	3	n/a	0.2:1	Feed in very small amounts
Blackberries (25 grams)	1.22	7	6	5.2	3	n/a	1.1:1	
Blueberries (25 grams)	2.49	2	3	2.4	1	n/a	0.7:1	
Cherries, sweet (25 grams)	3.21	3	5	1.8	1	n/a	0.6:1	Remove pits before feeding
Crabapple	0	18	15	8	2	n/a	1.2:1	
Cranberries, raw (25 grams)	1.01	2	3	3.3	3	n/a	0.7:1	
Figs, raw (1 medium)	8.13	18	7	1	4	n/a	2.6:1	Very high in sugar
Figs, dried, uncooked, (1)	4.03	14	6	0.1	0	n/a	2.3:1	No sugar added, all natural dried
Gooseberries, (25 grams)	0	6	7	6.9	4	n/a	0.9:1	Fine in small quantities
Grapes, (25 grams)	3.87	2	5	2.7	1	n/a	0.4:1	Red or green, seedless
Kiwi	8.99	34	34	92.7	4	n/a	1.0:1	High in sugar
Mango	14.80	10	11	27.7	38	n/a	0.9:1	Very high in sugar
Melon, Cantaloupe	7.86	9	15	36.7	169	n/a	0.6:1	High in sugar
Melon, Honeydew	8.12	6	11	18	3	n/a	0.6:1	High in sugar
Oranges, avg. all varieties	9.35	40	14	53.2	11	n/a	2.9:1	High in sugar
Orange peel, (25 grams)	0	40	5	34	5	n/a	8.0:1	
Papaya	5.90	24	5	61.8	55	n/a	4.8:1	
Peach	8.39	6	20	6.6	16	n/a	0.3:1	High in sugar
Pear	9.80	9	11	4.2	1	n/a	0.8:1	High in sugar
Pear, Asian	7.05	4	11	3.8	0	n/a	0.4:1	High in sugar
Pineapple, raw, all varieties	9.26	13	8	36.2	3	n/a	1.6:1	High in sugar
Plum	9.92	6	16	9.5	17	n/a	0.3:1	High in sugar
Raisins, seedless, (10)	3.08	3	5	0.1	0	n/a	0.6:1	Most boxed raisins contain added sugars, preservatives
Raspberries, (25 grams)	1.10	6	7	6.5	0	n/a	0.9:1	
Strawberries, (5 small)	1.63	6	8	20.6	0	n/a	0.8:1	
Watermelon	6.20	7	11	8.1	28	n/a	0.6:1	Rind is edible

Data for these charts came from: [USDA website](https://www.nutritiondata.com/)

## **FORAGES**

**Forages are great to include in your guinea pigs diet. All forages must be free of chemicals and pesticides and free from other animal feces/urine. Beware of any plants that may be poisonous.**

**If you are unsure if it is safe, don't feed it.**

<b>Forages can include but not limited to:</b>	<b>Comments:</b>	<b>Forages can include but not limited to:</b>	<b>Comments:</b>
<b>Grass/wheatgrass</b>	<b>Fresh grass has lots of nutrients</b>	<b>Silverweed</b>	
<b>Clover</b>	<b>Both red and white in moderation</b>	<b>Yarrow</b>	
<b>Corn husk/silks</b>	<b>Only feed outer leaves of husk if organic</b>	<b>Vetch</b>	
<b>Plantain</b>	<b>Young plants are best/less bitter</b>	<b>Groundsel</b>	
<b>Cleavers/Stickyweed</b>		<b>Fennel</b>	
<b>Chickweed</b>		<b>Raspberry leaves</b>	

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