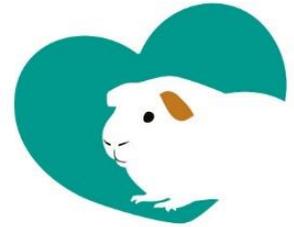


Fresh Fruit and Vegetable Guide

A guinea pig's diet is more complex than many people realise. An unlimited amount of grassy/oaten/wheaten hay (80% of daily food intake) and clean water should always be available, with a suitable dry food/pellets (5-10%) and one cup each of a variety of fresh food (10-15%) every day. Feed fruit as a treat, once or twice a week.

Guinea pigs under six months of age need more calcium for their growing bones than adults. A diet high in calcium can cause bladder stones in adult guinea pigs, so should be fed sparingly and in small amounts. Only small amounts of foods high in sugar should be fed.



QLD GUINEA PIG
REFUGE

- ♥ High in Vitamin C (feed at least one of these daily as guinea pigs cannot produce their own)
- ★ High calcium content
- 🌀 High sugar content (feed these in small amounts)
- 👉 Can cause stomach issues or bloat (feed these sparingly and in small amounts)

Suitable to be fed every day

Cos lettuce ♥	Fresh grass ♥	Choko ♥	Cucumber
Red/green leaf lettuce	Capsicum ♥	Celery & leaves	Zucchini/squash ♥

Suitable to be fed 3-4 times a week

Tomato ♥	Parsnip ♥	Milk thistle	Peas/snowpeas ♥
Dill ★	Wheatgrass ♥	Kale ♥★	Pumpkin and skin

Suitable to be fed in small amounts 2-3 times a week

Fennel ♥	Baby spinach ★♥	Basil ★♥	Clover ★
Coriander ★	Silverbeet ★	Thyme ★♥	Parsley ★♥
Carrots 🌀♥	Rocket ★	Endive ★	Turnip 🌀★

Suitable to be fed in small amounts 1-2 times a week

Honeydew melon 🌀♥	Mint ★♥	Pineapple 🌀	Seedless grapes 🌀
Rockmelon 🌀	Pawpaw/papaya ♥	Pear 🌀	Apple 🌀
Berries 🌀♥	Kiwi fruit ♥	Orange ♥	Grapefruit ♥
Strawberries ♥	Corn 🌀	Sweet potato 🌀	Green beans 👉♥

Suitable to be fed sparingly and in small amounts 1-2 times a month

Bok Choy 👉♥	Cauliflower 👉♥	Cabbage 👉♥★	Beetroot & leaves 🌀♥★
Broccoli 👉♥	Brussel Sprouts 👉♥★	Stone fruits 🌀	Banana & leaves 🌀

Not to be fed at all

Avocado	Mushrooms	Iceberg lettuce	Eggplant
Potatoes	Onion/chives/leeks	Rhubarb	Sweet peas