

Awesome Krimpvarkies Foodlist



***Complete list of safe and dangerous foods
for hedgehogs***

Safe Foods:

Safe Fruits:

Apple / Apple sauce

Apricot

Banana

Berries- (Black, Blue, Rasp, Cran, Mullberry, Strawberries)

Cherries- Fresh

Dragon Fruit

Kiwi

Litchy-pitted

Mango

Melons: Cantaloupe, Honeydew, Watermelon, Horned Melon

Peach

Pears

Paw Paw / Papino

Plums-red & yellow

Prickley pears

Persimmon

Quinces / Kweper



Safe Vegetables:

Always remember to cook vegetables, some may be given raw

Asparagus

Beetroot

Broccoli & Cauliflower-cooked

Bell Peppers (green/ yellow/ red) cooked or raw

Brussels Sprout-cooked

Corn-cooked

Cucumber -raw

Celery-raw

Carrot-cooked or raw (grated if raw)

Eggplant-cooked

Green Beans-cooked or raw- if given raw, it must be chopped finely.

Leafy Greens- spinach, kale, cabbage, Romaine lettuce, lettuce, Arugula- raw or cooked (cabbage preferably cooked, spinach can be raw)

Oats-cooked, nothing added, small amounts.

Peas-raw or cooked

Pumpkin- All pumpkins - Squash, Butternut, Zucchini etc-cooked

Potato-cooked, preferable mashed up and very small amounts-this is a starch

Sweet Potato-cooked

Sprouts-raw

Turnip/Radish-raw



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Safe Herbs:

All herbs to be given in small amounts

Coriander / Cilantro
Clover- Red & White
Dandelion
Mint
Parsley
Rosemary



Safe Meats and snacks:

Cottage Cheese- small amounts!
Chicken - cooked
Duck –cooked
Insects: Ground beetles, mealworm larvae , Black Soldier larvae, snails, slugs, crickets, locusts, silkworms, earth worms ,Mario worms, centipedes and millipedes- **Important to ensure that there was no pesticides /herbicides sprayed on you or your neighbor's property. Caution when given slugs and snails – possible parasites hosts.**
Lamb / Beef- moderate-small portions, no fat-cooked
Mince Meat-cooked
Mealworms-limited- **3-4 worms a week**
Natural yogurt- small amounts, only as special treat
Pork – Hog eat hog? Safe, how-ever without fat- Weirdo! Cooked
Pheasant
Purity- baby food- avoid those with milk / custards/ rice and pasta
Rice- small amounts, this is a starch, can be used to mix vegetables with.
Tofu-small amounts
Turkey-cooked
Wet Cat food sachets- Chicken / Duck / Turkey preferably

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Dangerous foods:

These items might either kill your hedgehog or cause intestine problems, please avoid!

Artichoke
Avocado
Basil
Carrion- dead animals, fur and skin
Chocolate
Chives
Citrus Fruits- ALL Citrus Fruits
Custard Apple
Clove
Cinnamon & Cinnamon Bark
Dried Fruits- including raisins (All dry fruits)
Dairy products
Essential Oils (ALL)
Eucalyptus leaves or drops / including tea tree oils / sprays
Fish- Not part of their natural diet
Garlic
Grass (hay, Lucerne) Not likely that they will even attempt to eat this.
Grains- Amaranth, Wheat, Barley, Sorghum, CousCous, quinoa, Rye
Grapes
Human junk food
Jack fruit
Lavender
Lemon Grass
Legumes – dried beans
Mushrooms
Nuts & Seeds
Oregano
Ocotea
Onions
Pineapple
Processed food- Vienna, bully beef etc
Raw Potato
Raw meat
Raw egg yolk
Rhubarb leaves
Spicy food
Tomato
Thyme-herb
Thieves-herb



