



GUINEA PIG GROCERY LIST

A guinea pig can have 1 cup of fresh veggies per day.

**Try not to feed the same vegetables everyday. Guinea pigs love variety!*

**Provide any new veggie in a small amount first to make sure their tummies can handle it.*

DAILY VEGETABLE OPTIONS

- Asparagus
- Bell peppers (any color but red has more sugar)
- Butterhead lettuce
- Celery
- Cilantro
- Green leaf lettuce
- Kale
- Peas
- Radicchio
- Red leaf lettuce
- Romaine lettuce
- Swiss chard
- Tomatoes (red, grape or cherry; avoid leaves and stems)
- Zucchini

WEEKLY VEGETABLE OPTIONS

These vegetables can be fed 1-3 times per week.

- Arugula
- Broccoli
- Carrots
- Chicory greens
- Collard greens
- Cucumber
- Dandelion greens
- Dill
- Garden cress
- Green beans
- Mustard greens
- Parsley
- Pumpkin (no seeds)
- Spinach
- Squash (summer or winter)
- Thyme
- Turnip greens
- Turnips
- Watercress

WEEKLY FRUIT OPTIONS

Fruits should be fed once a week as they are very high in sugar and can cause diarrhea in excess.

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapes
- Peaches (no pit)
- Raspberries
- Strawberries
- Raspberries
- Watermelon (no seeds)

VEGETABLES TO AVOID

- Avocados
- Garlic
- Iceberg Lettuce
- Potatoes
- Onions (leeks, chives or shallot included)
- Rhubarb
- Tomato leaves or stalks (the tomato is ok)

ADDITIONAL FOODS THAT GUINEA PIGS SHOULD NOT EAT:

- Beans
- Candies and chocolate
- Dairy products
- Meat
- Nuts
- Seeds