

# Guinea Pig Vegetable & Fruit List

by Charity Dennington, GPSR Team

Guinea pigs should be fed 1 cup of vegetables a day. Fruit is high in sugar, so it should only be fed occasionally in small quantities as a treat. Vitamin C is very important for Guinea pigs since they are prone to scurvy. One eighth of a bell pepper daily can take care of their Vitamin C needs.



Frequency to feed		Notes
1-2 Times/Week Ok	Apples	high in sugar & mouth irritant, small quantity ok
1-2 Times/Week Ok	Apricot	high in sugar
2-4 Times/Week Ok	Artichoke	
2-4 Times/Week Ok	Arugula	
1-2 Times/Week Ok	Asparagus	
1-2 Times/Week Ok	Banana	Causes constipation, very small quantities only
1-2 Times/Week Ok	Basil	
Never Feed	Beet Greens	Oxalates - can cause bladder stones
1-2 Times/Week Ok	Beets	
Daily Ok	Bibb Lettuce	
1-2 Times/Week Ok	Blackberries	high in sugar
2-4 Times/Week Ok	Blueberries	medium in sugar
Never Feed	Bok Choy	Can cause bloat
Daily Ok	Boston Lettuce	
Never Feed	Broccoli	Can cause bloat
Never Feed	Brussel Sprouts	Can cause bloat
Daily Ok	Butterhead Lettuce	
Never Feed	Cabbage	Can cause bloat
1-2 Times/Week Ok	Cantaloupe	high in sugar
1-2 Times/Week Ok	Carrots	high in sugar
Never Feed	Cauliflower	Can cause bloat
2-4 Times/Week Ok	Celery	
2-4 Times/Week Ok	Cherries	Remove pits
Daily Ok	Cherry Tomatoes	1 per day
2-4 Times/Week Ok	Chicory Greens	
1-2 Times/Week Ok	Cilantro	
Never Feed	Collard Greens	Oxalates - can cause bladder stones
1-2 Times/Week Ok	Corn on cob	Can cause excessive weight gain

Frequency to feed		Notes
2-4 Times/Week Ok	Corn silk and husks	
1-2 Times/Week Ok	Crabapple	
2-4 Times/Week Ok	Cranberries	Raw
2-4 Times/Week Ok	Cucumber	Serve with peel on
2-4 Times/Week Ok	Dandelion Greens	flowers also ok if pesticide free
1-2 Times/Week Ok	Dill	
Daily Ok	Endive	
Daily Ok	Escarole	
Never Feed	Figs, raw	Very high sugar
2-4 Times/Week Ok	Garden Cress	
1-2 Times/Week Ok	Gooseberries	
1-2 Times/Week Ok	Grapes	Red or green
2-4 Times/Week Ok	Green Beans	
Daily Ok	Green Bell	
1-2 Times/Week Ok	Honeydew	high in sugar
1-2 Times/Week Ok	Kale	Can cause bloat
1-2 Times/Week Ok	Kiwi	high in sugar
Daily Ok	Leaf Lettuce	
Never Feed	Mango	Very high sugar
1-2 Times/Week Ok	Mustard Greens	
2-4 Times/Week Ok	Orange peel	mouth irritant, small quantity ok
1-2 Times/Week Ok	Oranges	high in sugar & mouth irritant, small quantity ok
1-2 Times/Week Ok	Parsley	High in calcium - can cause bladder stones
1-2 Times/Week Ok	Peach	sugar
2-4 Times/Week Ok	Parsnip	
1-2 Times/Week Ok	Pear	high in sugar & mouth irritant, small quantity ok
2-4 Times/Week Ok	Peas in Pod	
1-2 Times/Week Ok	Pineapple	high in sugar
1-2 Times/Week Ok	Plum	high in sugar
Never Feed	Pumpkin	Too high in Vitamin A
Daily Ok	Radicchio	
Never Feed	Radishes	Oxalates - can cause bladder stones
Never Feed	Raisins	high in sugar

Frequency to feed		Notes
2-4 Times/Week Ok	Raspberries	high in sugar
2-4 Times/Week Ok	Red Bell	high in sugar, but also high in Vitamin C
Daily Ok	Romaine Lettuce	
Never Feed	Spinach	Oxalates & Calcium - can cause bladder stones
2-4 Times/Week Ok	Strawberries	high in sugar
2-4 Times/Week Ok	Summer Squash	
Never Feed	Sweet Potato	Oxalates - can cause bladder stones
Daily Ok	Sweet Potato Leaves	
Never Feed	Swiss Chard	Oxalates - can cause bladder stones
1-2 Times/Week Ok	Thyme	
2-4 Times/Week Ok	Tomato	stalk is poisonous - always remove!
1-2 Times/Week Ok	Turnip Greens	Calcium - can cause bladder stones
Never Feed	Turnips	Oxalates - can cause bladder stones
1-2 Times/Week Ok	Watercress	Calcium - can cause bladder stones
1-2 Times/Week Ok	Watermelon	High in sugar, Rind is edible
2-4 Times/Week Ok	Winter Squash	
2-4 Times/Week Ok	Yam	
Daily Ok	Yellow Bell	This bell pepper contains the highest Vitamin C
2-4 Times/Week Ok	Zucchini	