



## Guinea Pig Safe & Unsafe Foods Guide



### **Safe Fruits & Veggies**

**Leafy Greens (daily):**

- Romaine lettuce
- Kale
- Spinach (small amounts)
- Parsley
- Cilantro

#### **Other Veggies:**

- Bell peppers (excellent Vitamin C source)
- Cucumber
- Zucchini
- Carrots (small amounts)
- Broccoli
- Celery (cut into small pieces)

#### **Fruits (as treats, 1–2 times a week):**

- Apples (no seeds)
- Strawberries
- Blueberries
- Kiwi
- Oranges
- Pears
- Watermelon

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### **✗ Foods to Avoid**

#### **Toxic:**

- Potatoes
- Onions
- Garlic
- Rhubarb
- Avocado

#### **Gassy/Hard to Digest:**

- Cabbage
- Cauliflower
- Iceberg lettuce

#### **Sugary/Dangerous:**

- Grapes
- Cherries (pits)
- Bananas (too much sugar)
- Dried fruit

#### **Seeds & Pits:**

- Always remove seeds/pits from fruits like apples, cherries, peaches
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### **Extra Tips**

- Fresh hay should always be the main part of their diet.
  - Provide fresh water daily.
  - Introduce new foods slowly to avoid tummy upsets.
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