

Fresh Produce Food Guide



QLD GUINEA PIG
REFUGE

A guinea pig's diet is more complex than what a lot of people realise. Many pet shops are unaware of their needs and sell unsuitable food products. What do they actually need? An unlimited amount of hay and water, a suitable dry food and one cup of fresh food each day!

○ High in Vitamin C – feed at least one of these items daily

Suitable to be fed most days

Cos Lettuce	Fresh Grass	Choko ○	Parsnip
Butterhead Lettuce	Capsicum ○	Zucchini	Squash
Red Leaf Lettuce	Raspberry Leaves	Celery	

Suitable to be fed often (3-4 times a week)

Sweet Potato	Cucumber	Milk Thistle	Carrots
Cherries (no pit)	Berries	Stone Fruit	Dill
Peas (fresh)	Mango	Beetroot and Leaves	Star Fruit
Honeydew	Rockmelon	Papaya/Paw Paw	Seedless Grapes
Wheatgrass	Pear		

Note: Fruit and carrots are high in sugar. These should be fed 1-2 times a week in small amounts.

Suitable to be fed occasionally (2-3 times a week)

Give a maximum of 2-3 fruits or vegetables from each section below weekly.

High calcium content

Rocket	Kale ○
Endive	Basil ○
Dandelions ○	Clover
Watercress ○	Coriander
Arugula	Silverbeet
Spinach ○	Thyme
	Parsley ○

Can cause gas or bloat

Cauliflower
Green Beans
Cabbage
Bok Choy
Broccoli ○
Brussels Sprouts
Asparagus

High acidity

Apple
Tomato
Kiwi Fruit ○
Orange ○
Grapefruit ○
Pineapple

Other

Pumpkin
Fennel
Corn
Lavender
Carrot Tops

Suitable to be fed sparingly (1-2 times a month)

Kumquat	Mint	Leeks	Banana and their leaves
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Not to be fed at all

Avocado	Onion/Chives	Potatoes	Eggplant
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