

GUINEA PIG SHOPPING LIST

LEAFY GREENS				
Dandelion Greens/Flowers	Raspberry Leaves	Mustard Greens	Escarole	Endive
Radicchio	Collard Greens	Carrot/Turnip Tops	Parsley	Romaine**
Swiss Chard	Bok Choy	Mint Leaves	Red & Green Leaf Lettuce	Basil
Kale**	Beet Greens**	Chicory**	Spinach**	

****Warning!** Many types of leafy greens are high in Vitamin C, but are also high in calcium and/or oxalates, which can lead to urinary issues such as bladder stones. **You can offer these, but only offer in small amounts.** If your guinea pig has had bladder stones or bladder sludge, aim for feeding leafy greens that have a calcium to phosphorous ratio of 1.5:1 to 2:1.

OTHER DAILY FRUITS/VEGETABLES				
Tomato (high in Vitamin C)	Bell Pepper (high in Vitamin C)	Celery Stalks & Leaves (cut small)	Cabbage (Red, Green, Chinese)	Baby Carrots (max 1 per day)
Broccoli Leaves/Peeled Stems	Cucumber	Apple (thin wedge/no seeds)	Dried Apricot (a few raisin-sized pieces)	Banana (1/4" round slice)
Cantaloupe (1"x2" piece w/ washed rind)	Blueberries	Grapes/Raisins (not both; one or two)	Orange (one slice)	Pear (thin wedge)
Strawberries	Watermelon (1"x2" piece w/ washed rind)	Note: As always, hay should be the #1 component of a guinea pig's diet. Fruits, veggies, and greens are supplementary.		

FORBIDDEN FOODS				
Beans (any kind)	Bread	Cereals	Chocolate	Corn
Nuts	Oats	Any Grains	Peas	Refined Sugar (yogurt drops)
Seeds	Wheat	For their health, under no circumstances should a guinea pig be provided any of the items listed under Forbidden Foods.		