



Practice Limited to Birds, Reptiles and Exotics

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Vitamin C content of selected foods and their applications for guinea pig diets

Food Item	Amount needed to provide 25mg/day
Guava	1.1 tbsp
Red Bell Peppers *****	2.1 tbsp chopped
Kale	5 tbsp (1/3 cup)
Parsley *****	5 tbsp (1/3 cup)
Broccoli *****	5 tbsp (1/3 cup)
Broccoli flowerets	6 tbsp (between 1/3 and 1/2 cup)
Broccoli leaves/stalks	2 tbsp
Cauliflower *****	About 4 flowerets
Strawberry	About 2.5 average berries
Kiwi	2.4 tbsp
Green pepper	3.4 tbsp chopped
Mustard greens	1/2 -3/4 cup
Papaya	Just under 1/3 cup
Snap peas	Just under 1/2 cup
Turnip greens	Just under 1/2 cup
Red cabbage	Just under 1/2 cup
Orange	Between 1/4 and 1/2 avg orange
Peas	About 1/2 cup
Clementines	Almost 1/2 an average Clementine
Cantaloupe	Between 1/4 and 1/2 cup of melon balls
Pineapple	1/3 cup of chunks
Dried basil	About 3 tbsp
Lemon	80% of average lemon
Dried cilantro	2.5 tbsp
Chinese cabbage (pak choi or bak choi)	Over 1/2 cup
Beet greens	Over 2 cups
Collard greens	2 cups
Watercress	About 1 and 1/2 cups
Grapefruit	Almost a full grapefruit