



Practice Limited to Birds, Reptiles and Exotics

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## **VEGETABLES & FRUITS FOR RABBITS & GUINEA PIGS**

(Rabbits & guinea pigs less than 4 months of age should not be given fruits and vegetables as this can cause diarrhea.)

**General guidelines are to feed about 1 cup of vegetables for each 5 lbs. of body weight**

Select at least three types of vegetables daily. A variety is necessary in order to obtain the vital nutrients. Add one vegetable to the diet at a time. Eliminate if it causes soft stools or diarrhea. Vegetables should be washed well and all blight removed from them. *Vegetables indicated with an (!) contain a high level of oxalates and calcium and should be fed sparingly to avoid bladder stone formation. Guinea pigs also require daily Vitamin C, which can be supplemented by certain vegetables, (see separate care sheet).*

### **VEGETABLES**

- Beet greens (tops)
- Bell peppers
- Bok choy
- Broccoli (mostly leaves/stems)
- Carrot & carrot tops
- Celery
- Clover
- Collard greens
- Dandelion greens and flowers (no pesticides)
- Endive
- Escarole
- Herbs (Mint, Parsley, Cilantro, Basil)
- Kale (!)
- Lettuce (Romaine, Red Leaf, Green Leaf, Butter)
- Mustard greens
- Pea pods (the flat edible kind)
- Radicchio
- Radish tops
- Raspberry leaves
- Spinach (!)
- Sprouts (Radish, Clover, Alfalfa)
- Watercress
- Wheat grass

Limit fruits to 1-2 tablespoons per 5lbs of body weight 2-3 times a week (none if dieting) from the list below of high fiber fruits. Sugary fruits such as bananas and grapes should be used only sparingly, as occasional treats. These pets can have a sweet tooth and if let to their own devices will devour sugary food to the exclusion of healthful ones.

### **FRUITS**

- Apple
- Blueberries
- Melon
- Orange (remove the peel)
- Papaya
- Peach
- Pear
- Pineapple
- Plums
- Raspberries
- Strawberries

**We strongly recommend annual health examinations on all exotics!!**