

# GUINEA PIG DIET



To keep your guinea pig healthy, feed a healthy varied diet of:

**85% Hay or grass (provide ad lib)**

**10% vegetables, herbs or leafy greens (see list below)**

**5% pellets (Approx. 15-20g of pellets per 1kg of guinea pig per 24 hours)**

**Water should be freely available in both a bottle and a bowl.**

The key to any diet is variety (ie. not the same every day). By providing a variety you will ensure your guinea pig obtains the essential vitamins and nutrients in their diet. Your vet may alter this diet if your guinea pig has health issues. Introduce any new feeds slowly by giving small amounts every few days to begin with, this will help avoid any gut upsets.

**KEY = C – Higher levels of vitamin C content.**

**G- Can cause gas build up ,feed small amounts or none if your guinea pig is sensitive**

**\*Higher levels of calcium oxylate -Feed in moderation. 1 – 2 of these items a week 3-4 times a week**

## Vegetables

Bell peppers **C**  
Broccoli \* **C**  
Cabbage **G**  
Carrot tops

Chard  
Chicory  
Kale\* **C**  
Pak choi

Lambs lettuce  
Mangetout  
Spinach\*  
Watercress\*

**Remember:** Guinea pigs (like us) are unable to produce their own vitamin C and rely on obtaining this from their diet.

It is important you provide vegetables containing vitamin C in order to maintain good health.

## Herbs

Basil\*  
Coriander  
Dill\* **C**

Fennel  
Mint  
Parsley\* **C**

Rosemary  
Thyme

## Wild flowers and garden plants

Apple tree leaves and twigs  
Asiatic day flower  
Blackberry leaves  
Chick weed  
Cleavers  
Dandelion\*  
Geranium  
Lavender

Marigold (not french)  
Nasturtium  
Nut grass-early  
Oxalis\*  
Pear leaves and twigs  
Plantain  
Raspberry leaves  
Rosebay willow herb

Roses  
Shepherd's purse  
Strawberry greens  
Willow leaves  
White clover\*  
Yarrow

## Fruits

Apple (NOT the pips)  
Blackberries  
Blueberries  
Cherries\*\*  
Mango  
Melon

Orange (not the peel)  
Papaya  
Peach \*\*  
Pears  
Raspberries  
Strawberries

**Remember:** Fruits are high in sugar, so should be given very sparingly once to twice a week

**\*\*Remove stones before feeding.**

## **DO NOT FEED ANY OF THE FOLLOWING:**

ANY PLANT FROM A BULB  
AVOCADO  
CHIVES  
LILLY  
POPPIES

POTATO  
ONION  
SUNFLOWERS  
TULIPS  
WISTERIA

If you are unable to identify a plant safely please do not feed it.

If you are unsure if a plant is safe to feed, please call us and we can advise.

\*If food containing higher calcium content are feed daily in large amounts this can lead to the formation of stones in the kidneys and bladder. This can be very painful for your pig and sometimes requires surgery. The stones can increase the risk of urinary infection sand sadly also result in kidney failure.



### **Hay**

Western Timothy Hay is one of the most superior hays you can feed your guinea pig. It is really important to feed them long strand fibre such as timothy hay for good digestion and to maintain normal wear of the teeth. A good supplier that Origin Vets recommends is [www.timothyhay.co.uk](http://www.timothyhay.co.uk) who sell excellent quality timothy and oat hay with free delivery to your house. The strands of this particular hay are very long and really help to maintain normal dentition and healthy digestive tract.



### **Exercise**

Exercise can help a guinea pig from putting on weight and maintain a healthy lifestyle. An increase in exercise of course increases movement and may increase fluid intake, both of which can reduce the chance of sediment forming in the bladder. Exercise will help with normal digestion , reduce the onset of osteoarthritis and also help to reduce obesity related changes, such as diabetes mellitus .

If you have any questions about this sheet or about your guinea pig in general please call Origin Vets who are happy to help.

