

Texas Rustlers Guinea Pig Rescue

Daily Feeding Guidelines

Recommended Feeding (per guinea pig):

- Unlimited hay
- 1/8 cup Oxbow Cavy Cuisine pellets
- 1 cup of mixed fresh veggies

Piggies younger than 6 months old may be fed an either an Alfalfa-based pellet or a Timothy-based pellet. If you choose to feed an Alfalfa-based pellet, we recommend Oxbow's Cavy Performance. An adult piggy (one that is older than 6 months) needs a pelleted food that is made from Timothy and NOT Alfalfa. DO NOT feed Rabbit pellets or any pellets designed to be fed to other animals. Some Rabbit pellets contain deadly antibiotics. Hamster food contains choking hazards such as seeds and nuts, and other rodent food often contains animal products.

NOTE: Vitamin C must be provided in daily vegetable intake and through supplementation in the form of Vitamin C tablets crumbled on the food or given directly to the Guinea Pig to eat. Ensure that the Guinea Pig pellets you feed are enriched with stabilized vitamin C. Do not rely on pellets being the sole source of vitamin C. The Vitamin C in pellets deteriorates over time. Any food older than 6 months from date of manufacture should be considered devoid of Vitamin C. Do not use Vitamin C drops in the water. It is a complete waste of time and money. Vitamin C is very unstable. It is affected by light and by the chlorine in the water. Drops added to the water bottle are destroyed within a few hours and leave bad-tasting water. It is better to do nothing than to add drops to the water.

Fresh Food	Vitamin C Per 100 g	Calcium	Comments
Alfalfa - green or dried	0	2200	
Apple	4.4	4.4	Seeds Poisonous
Apricot	10	14	
Artichoke	10	45	
Asian Pear	4		
Asparagus	17	28	
Banana	9	6	Feed in great moderation - can cause constipation
Basil	18	154	
Beet greens	30	119	
Beets	5	16	
Bilberries	1		

Fresh Food	Vitamin C Per 100 g	Calcium	Comments
Blackberries	21	32	
Blueberries	13	6	
Broccoli Rabe / Rabe / Rapini			Feed in moderation – can cause gas / bloating
Broccoli, Broccolini (stems are liked better than flowers)	93	48	Feed in moderation – can cause gas / bloating
Brussels Sprouts	85	42	Feed in moderation – can cause gas / bloating
Cabbage (Green)	51	47	Feed in moderation – can cause gas / bloating
Cabbage (Red)	57	51	Feed in moderation – can cause gas / bloating
Carrots	9.3	27	Feed in moderation, Vitamin A in carrots said to cause liver problems
Cauliflower / Broccoflower	46.4	22	
Celery leaves			
Celery Root / Celeriac	8	43	
Celery stalks	7	40	Cut into small pieces - string choking hazard
Cherries	7	15	Remove stones / pits
Chives	58	92	Feed in moderation
Cilantro / Chinese Parsley / Coriander greens	27	67	
Collard greens	35	145	
Corn on the cob (strings, leaves & stalks are edible too)	6.8	2	
Crabapple	8	18	
Cranberries (whole fruit, not concentrate or juice)	13.5	7	
Cucumber	5.3	14	Not pickled
Currants - (Black)	181	15	Leaves also edible
Currants (Red)	41	33	
Dandelion greens	35	187	
Dates	0	32	High in Sugar when dried
Dill	85	208	
Feijoa / Pineapple Guava	20	17	
Figs	2	35	High in Sugar when dried
Garden Cress	69	81	
Gooseberries	28	25	
Grapefruit	37	15	Acid may cause sores around mouth
Grapes	4	14	High in Sugar when dried
Green Beans in pods / String Beans	16.3	37	Not Dried
Green Leek tops	12	59	Feed in moderation
Green Onion tops	18.8	72	Feed in moderation

Fresh Food	Vitamin C Per 100 g	Calcium	Comments
Guava	183	20	
Hay (Alfalfa)	0	2200	High calcium & calories – Not for adults; Good for youngsters, pregnant & nursing sows
Hay (Orchard)	0	320	
Hay (Timothy)	0	400	Feed freely to Adults
Kale - curly or plain	120	135	
Kiwi Fruit	98	26	
Kohlrabi bulbs	62	24	
Kohlrabi leaves	62	24	
Lemon	52	26	
Lettuce (Arugula)	15	160	
Lettuce (Bibb)	8	32	
Lettuce (Boston)	8	32	
Lettuce (Butterhead)	8	32	
Lettuce (Cos)	24	36	
Lettuce (Dark Green Leaf)	24	36	
Lettuce (Romaine)	24	36	
Lime	29	33	
Mango	28	10	
Melon (Cantaloupe)	42.2	11	
Melon (Honeydew)	24.8	6	
Melon (Watermelon)	9.6	8	
Mustard greens / Leaf Mustard	70	103	
Nectarine	5.4	5	
Orange	53	40	Acid may cause sores around mouth
Papaya / Paw Paw / Tree Melon	62	24	
Parsley - curly or plain	133	138	
Parsnip	17	36	
Passion Fruit / Granadilla	30	12	
Peach	7	5	Pit / Stone poisonous
Pear	6.6	18	
Peas in pods, Pea Shoots	60	43	Not Dried
Peppers (Sweet or Bell) Red	89	9	
Peppers (Sweet or Bell) Green	190	9	
Peppers (Yellow)	183	11	
Persimmon - American or oriental	66	27	
Pineapple - fresh	15	7	Acid may cause sores around mouth

Fresh Food	Vitamin C Per 100 g	Calcium	Comments
Plum, Prune	10	4	High in Sugar when dried
Pumpkin	9	21	
Radicchio / Italian Chicory	8	19	
Radishes (if mild)	22	21	
Raspberries	25	22	
Rosehip	1500		
Rutabaga	25	47	
Spinach	51	99	Feed in moderation, linked to formation of kidney & bladder stones due to containing oxalates
Squash - acorn, banana, butterhorn, spaghetti, and others	14.8	20	Feed in Moderation
Strawberries	57	14	
Swiss Chard, Red Chard	30	51	
Tamarillo	31		Leaves are poisonous
Tangerine / Mandarin	30	14	Acid may cause sores around mouth
Thyme	160	405	
Tomato	19	5	Leaves, stalks and roots of plant are poisonous
Turnip Greens	60	190	
Water Cress	43	120	
Yam / Sweet Potato	22	22	
Zucchini	9	15	