

# Fresh Foods Feeding Guide

## LEAFY GREENS

*Leafy Greens I* (need to be rotated due to oxalic acid content and only 1 out of three varieties of greens a day should be from this list)

- Beet greens
- Collard Greens
- Kale\*
- Mustard greens\*
- Parsley\*
- Radish tops
- Spinach
- Sprouts (from 1 to 6 days after sprouting, sprouts have higher levels of alkaloids)
- Swiss chard

*Leafy Greens II* (low in oxalic acid)

- Arugula
- Basil (any fresh variety)
- Bok Choy
- Borage leaves
- Butter Lettuce
- Carrot tops
- Chicory
- Cilantro
- Cucumber leaves
- Dandelion greens
- Dill leaves
- Endive
- Escarole
- Fennel (the leafy tops as well as the base)
- Frisee Lettuce
- Mache
- Mint (any variety)
- Radicchio
- Raspberry leaves
- Red or green lettuce
- Romaine lettuce
- Spring greens
- Turnip greens\*
- Watercress
- Wheatgrass
- Yu Choy

\* means high in vitamin C so ideal for guinea pigs!

NOTE: It is always preferable to buy organic produce if at all possible. If collecting wild foods such as dandelion greens, make sure they are from a pesticide-free area. All fresh foods regardless of the source should be washed or scrubbed (in the case of hard vegetables) before serving them to your pet.

## NON-LEAFY VEGETABLES

These should be no more than about 25 % of veggies fed.

- Bell peppers (any color)\*
- Broccoli (leaves and stems)\*
- Broccolini
- Brussels sprouts\*
- Cauliflower\*
- Carrots
- Chinese pea pods (the flat kind without large peas)
- Edible flowers (roses, nasturtiums, pansies, hibiscus)
- Red Cabbage\*
- Snap Peas\*
- Summer squash
- Zucchini squash

## FRUITS

These should be no more than 10% of “veggies” fed. NOTE: unless otherwise stated it is more nutritious to leave the skin on the fruit (particularly if organic), just wash thoroughly. If you are in doubt about the source of the fruit and you are concerned about chemicals in the skin, then remove it.

- Apple (any variety, without stem and seeds)
- Apricot
- Banana (remove peel)
- Berries (any type)\*
- Berries (uncooked)
- Cherries (any variety, without the pits)
- Currants
- Guava\*
- Kiwi\*
- Mango
- Melons (any – can include peel and seeds)
- Nectarine
- Papaya\*
- Peach
- Pear
- Pineapple (remove skin)\*
- Plum (without the pits)
- Star Fruit

\* high in vitamin C so ideal for guinea pigs!