

PRODUCE CHART

This produce chart is an aid for what to feed the rabbits and guinea pigs. Each column specifies how often an animal can be given a particular food.

Each rabbit/guinea pig should receive *one cup* of fresh produce each day.

	Everyday	1-2 times per Week	Rarely	Never
Rabbit	<ul style="list-style-type: none"> - Bell Peppers (no seeds) - Bok Choy - Brussels Sprouts - Carrot Tops - Cucumber - Endive - Escarole - Lettuce <ul style="list-style-type: none"> - Arugula - Bibb - Butter Leaf - Green Leaf - Red Leaf - Romaine - Okra Leaves - Watercress - Zucchini 	<ul style="list-style-type: none"> - Broccoli (stem/leaves only) - Carrots - Celery (small pieces, leaves) - Chard - Clover - Collard Greens - Dandelion Greens - Herbs <ul style="list-style-type: none"> - Cilantro - Parsley - Kale - Spinach 	<ul style="list-style-type: none"> - Apple slice (no seeds) - Banana slice - Berries <ul style="list-style-type: none"> - Blueberries (1-3) - Blackberries (1-3) - Cranberries (1-3) - Raspberries (1-3) - Strawberry (1 max) - Melon (1 cube) - Nectarine slice - Orange slice - Peach slice - Pear slice - Pineapple (fresh, 1 piece) - Plum slice - Raisin (1) - Watermelon (1 cube) 	<p>Avoid starchy foods altogether!</p> <ul style="list-style-type: none"> - Beans - Beet greens - Cabbage - Cauliflower - Corn - Iceberg Lettuce - Mustard Greens - Nuts - Peas - Potatoes - Rhubarb - Seeds - Turnip Greens
Guinea Pig	<ul style="list-style-type: none"> - Leafy Greens <ul style="list-style-type: none"> - Arugula - Bibb - Butter Leaf - Green Leaf - Red Leaf - Romaine - Bell Peppers (1 slice)*** - Cucumber 	<ul style="list-style-type: none"> - Cantaloupe*** - Carrot (½ baby carrot) - Celery (small pieces) - Cilantro - Parsley*** - Kale*** - Spinach - Watercress - Zucchini/Summer Squash 	<ul style="list-style-type: none"> - Apple slice (no seeds) - Banana slice - Beet Greens - Berries <ul style="list-style-type: none"> - Blueberries (1-3) - Blackberries (1-3) - Cranberries (1-3) - Raspberries (1-3) - Strawberry (1/2) - Broccoli (stem/leaves only) - Brussels Sprouts - Kiwi*** - Sweet Potato - Watermelon (1 cube) 	<p>Avoid starchy foods altogether!</p> <ul style="list-style-type: none"> - Beans - Cauliflower - Corn - Iceberg Lettuce - Mustard Greens - Nuts - Peas - Potatoes - Rhubarb - Seeds - Turnip Greens

***Contains Vitamin C, an essential nutrient in a guinea pig's diet