



SPCA of Wake County: Foster Care

FRUITS & VEGETABLES CHART FOR SMALL PETS

We ask that fosters provide fresh greens daily for their small critter fosters to supplement vitamins and nutrients that they need. This is a guideline of what each species can have and the amount of that food. It covers a large variety, but it's not meant to be a complete list for each species. At least 3 different kinds are recommended daily in order to obtain necessary nutrients. At least 1 fruit or vegetable should contain Vitamin A for rabbits and Vitamin C for guinea pigs. Wash all greens before use and it's best to buy organic when possible.

Any produce that should be used sparingly or only certain parts of the plant will have a notation as some may even be toxic if ingested! In general, a good rule of thumb is the smaller the pet, the smaller the portion. Add 1 vegetable to the diet at a time. Eliminate if it causes soft stools or diarrhea.

PRODUCE	AMOUNT/FREQUENCY	VITAMINS/NUTRIENTS	OKAY FOR...
Alfalfa sprouts	Occasional	High in calcium	Rabbits, Guinea pigs, Chinchillas
Apple (<i>no stems or seeds - poisonous to all small pets</i>)	½ - 2 slices, occasional	fiber	Rabbits, Guinea pigs, Hamsters, Rats & Mice, Chinchillas
Apricot (remove pit)	Occasional treat, 1-2 slices		Rabbits, Guinea Pigs, Rats & Mice
Arugula	A couple of leaves	C, calcium, low in oxalic acid	Rabbits, Guinea Pigs
Asparagus		C	Guinea Pigs
Bananas (<i>high in sugar</i>)	1 slice, once a month	C, but low	Rabbits, Guinea Pigs (fresh only), Hamsters, Rats & Mice
Basil (any variety)	2-3 sprigs, every few days		Rabbits, Guinea Pigs, Chinchillas
Beet greens (tops only) Beet greens (cont.)	1-2 pieces, occasional. <u>Not</u> paired with another high oxalic	A, calcium, high in oxalic acid	Rabbits, Chinchillas

	acid vegetable.		
Bell peppers (green or red)	1 slice	C	Rabbits, Guinea pigs, Chinchillas
Blueberries (<i>high in sugar</i>)	1-3 berries, occasional	C	Rabbits, Chinchillas, Guinea pigs, Hamsters, Rats & Mice
Bok choy (<i>can cause gas</i>)		Low in oxalic acid	Rabbits, Guinea pigs, Hamsters, Rats & Mice
Broccoli (<i>raw, mostly leaves/stems, can cause gas</i>)	1-2 pieces, occasional	A, C, B5	Rabbits, Guinea pigs, Hamsters, Chinchillas, Rats & Mice
Brussels sprouts (<i>use sparingly, can cause gas</i>)		C	Rabbits, Guinea Pigs, Rats & Mice
Cantaloupe	1 slice, occasional		Guinea pigs, Hamsters
Carrot & carrot tops (<i>high in sugar</i>)	1 slice - 1 baby carrot, occasional. Good if needs to gain weight	A, low in oxalic acid	Rabbits, Guinea pigs, Hamsters, Gerbils, Chinchillas, Rats & Mice
Celery (<i>use sparingly, can cause gas</i>)	1 piece, leaves & stalks, not the peel		Rabbits, Hamsters, Chinchillas, Guinea Pigs
Cherries (<i>no pits, high in sugar</i>)	1 piece, occasional		Rabbits, Guinea Pigs, Rats & Mice
Chicory		Low in oxalic acid	Rabbits
Cilantro	2-3 sprigs, every few days	C, calcium	Rabbits, Guinea Pigs
Clover (no pesticides)			Rabbits, Guinea pigs
Collard greens		A	Rabbits, Chinchillas
Corn husks (silk too, no pesticides)			Guinea pigs
Cucumber (<i>seedless only</i>)	½ slice, once a week		Rabbits (can have the leaves too), Guinea

			pigs, Hamsters
Dandelion greens & flowers (no pesticides)		A	Rabbits, Guinea pigs, Chinchillas (leaves only)
Dill	1-2 sprigs	High in calcium	Rabbits, Guinea pigs
Endive	Daily in small amounts	A	Rabbits, Guinea Pigs, Chinchillas, Rats & Mice
Fennel	1 piece, leafy tops & base	Low in oxalic acid	Rabbits, Guinea Pigs (rarely & tops only)
Frisee Lettuce		Low in oxalic acid	Rabbits
Grapes (<i>high in sugar, seedless only</i>)	1 piece, once or twice a month		Rabbits, Hamsters, Chinchillas, Rats & Mice
Kale (<i>use sparingly</i>)	1 piece, 2-3 times per week	A	Rabbits, Hamsters, Chinchillas
Kiwi (<i>seedless - choking hazard</i>)	1 slice	C	Rabbits, Guinea pigs
Mango	1 small slice		Rabbits, Hamsters, Rats & Mice
Melon			Rabbits, Rats & Mice
Mint	2-3 sprigs, every other week		Rabbits, Guinea Pigs
Mustard greens	1-2 pieces, occasional. <u>Not</u> paired with another high oxalic acid vegetable.	A, high in oxalic acid	Rabbits
Oranges (peels too)		C	Guinea pigs, Rats & Mice (no peels)
Papaya	Occasional		Rabbits
Parsley	2-4 sprigs, every few days	A, C, calcium, high in oxalic acid	Rabbits, Guinea pigs, Chinchillas, Rats &

			Mice
Pea pods (flat edible kind only)		A	Rabbits
Peach	1-2 pieces, occasional		Rabbits, Hamsters, Rats & Mice
Pear	1-2 pieces, occasional		Rabbits, Hamsters, Rats & Mice
Peppermint leaves	2-3 sprigs, every other week		Rabbits
Pineapple (no skin)	1-2 pieces, occasional		Rabbits
Plum (no pit)	1-2 pieces, occasional		Rabbits, Rats & Mice
Raddichio	Small amounts		Rabbits, Chinchillas
Radish tops		high in oxalic acid	Rabbits
Raspberries & Raspberry leaves	1-2 pieces, occasional		Rabbits, Hamsters, Chinchillas (leaves only)
Romaine lettuce (no iceberg or light colored leaf)	2-5 leaves	A	Rabbits, Guinea pigs, Chinchillas
Spinach (<i>use sparingly</i>)	A piece, 2-3 times per week. <u>Not</u> paired with another high oxalic acid vegetable.	A, high in oxalic acid	Rabbits, Guinea pigs, Hamsters, Gerbils, Rats & Mice
Sprouts (<i>use sparingly</i>)	A piece, 2-3 times per week. <u>Not</u> paired with another high oxalic acid vegetable.	High in oxalic acid	Rabbits
Strawberries	1 piece, top too!		Rabbits, Guinea pigs, Hamsters
Sweet potato (skins removed)	1 cube		Hamsters, Chinchillas
Swiss chard (<i>use sparingly</i>)	A piece, 2-3 times per	High in	Rabbits

	week. <u>Not</u> paired with another high oxalic acid vegetable.	oxalic acid	
Tarragon	1-3 sprigs		Rabbits
Thyme	1-3 sprigs		Rabbits, Guinea pigs
Tomato (<i>not the leaves, vine and stalks – toxic</i>)	1 piece		Guinea pigs, Rats & Mice
Turnips & Turnip greens	Occasional, tops only for rabbits, tops & roots for guinea pigs	Oxalic acid – low for rabbits, high for guinea pigs, C, calcium	Rabbits, Guinea Pigs
Watercress		A, low in oxalic acid	Rabbits
Wheatgrass	¼ cup, every other day	E, K, fiber	Rabbits, Chinchillas
Zucchini		C (high)	Guinea Pigs (ideal veggie)