



Guinea Pig Advice: Nutrition

Disclaimer: These notes are only based on my own experience and are not set in stone. They have worked for me and people who have adopted a guinea pig from Windwhistle Warren, I hope they will help you too.

Guinea pigs need access to food at all times. Their dry food should be one especially developed for guinea pigs which contains added vitamin C. They also need fresh hay daily and enjoy a portion of daily fresh food. Each guinea has his own preference to fresh food and the following list of suggestions is by no means exhaustive!

- Grapes
- Melon
- Banana
- Parsley
- Coriander
- Spring greens
- Sprouts
- Tomato
- Cucumber
- Corn on the cob
- Beetroot
- Carrot
- Celery
- Strawberries

They also enjoy pieces of apple and pear, but only allow them small pieces as the acid in the fruit can cause sores at the sides of their mouths.

I have usually found their favourite food to be:

- Grass
- Dandelions
- Clover
- Groundsel

...preferably nibbled by them in a safe shady run on a warm summer's day!

Guinea pigs should always have water available; this is usually best supplied in a water sipper bottle. As guinea pigs are unable to produce their own vitamin C, I try to supplement their intake by adding some soluble vitamin C powder to their fresh water each day.