

Can Guinea Pigs Eat Brussels Sprouts

Experts say that, guinea pigs should have a diet with 20% portion of fruits and vegetables. There is a variety of veggies that you can offer to your little furry friend like carrot tops, mint, broccoli, silverbeet, and fruits like bananas, mango, apples, apricots but without seeds.

One such healthy vegetable is [brussels sprouts](#) which belong to the family of cabbages like other vegetables, kale, and cauliflower. But can guinea pigs eat Brussels sprouts? Yes! They can. Raw brussels sprouts are super healthy for guinea pigs as they are rich in healthy ingredients. Find out more about Brussels sprouts in the article below.

What is the nutrient profile of Brussels sprouts?

Brussels sprouts are quite nutritious vegetables. This leafy food item has the following nutrients in 100 g quantity.

- Energy - 43kcal
- Dietary fiber – 3.8 g
- Carbs – 8.95 g
- Fats – 0.3 g
- Vitamin C – 85 g
- Protein – 3.38g
- Vitamin K - 177µg
- Sodium – 25 mg
- Vitamin A – 38 µg
- Calcium – 42 mg
- Others.

Are Brussels sprouts beneficial for guinea pigs?

Whenever you are feeding Brussels sprouts to your pet, you are feeding them with vitamins, minerals, and dietary fiber. That is why raw Brussels sprouts are healthy for guinea pigs. Health benefits include:

1. Vitamin K

Brussels sprout is a good source of vitamin k. This vitamin helps keep blood pressure low. Also, it plays a crucial role in blood clotting and proper growth of the guinea pigs.

2. Vitamin C

Fresh Brussels sprouts are rich in vitamin C. This vitamin helps in healing injuries, boosts the immune system, and wards off infections. Vitamin C is also helpful in regulating overall body functions by keeping away illnesses like scurvy.

3. Fiber content

Brussels sprouts make a healthy food item for [guinea pigs](#) as they contain vitamin A along with fiber content. Fibers are critical for a healthy digestive system as they regulate bowel movement by absorbing extra fluids.

4. Antioxidants

You can feed Brussels sprouts to your little animals without worry as this vegetable is rich in antioxidants. Antioxidants are essential for eliminating inflammations in the body.

What is the ideal serving of Brussels sprouts for guinea pigs?

After hearing about the above benefits, feeding Brussels sprouts seems a good idea. But bear in mind you should not go overboard while feeding this vegetable. Experts recommend not to feed the same vegetable every day. Rather feed a mix of fruits vegetables and hay to keep your pet healthy.

Feeding the right amount of Brussels sprouts is necessary so guinea pigs can have time to digest them properly. For this reason, the experts recommend feeding 2 to 3 brussels sprouts as ideal for serving twice a week.

What are the risks associated with Brussels sprouts?

Do not exceed the moderate amount while feeding the Brussels sprouts to your guinea pig. Brussels sprouts have a nutrient called oxalic acid which is harmful if consumed in excessive amounts. Prefer fresh and raw Brussels sprouts instead of cooked ones, because vegetables tend to lose nutrients while cooking. This vegetable also has high calcium and sodium content which do not do any good when consumed in a large amount.

How can I feed Brussels sprouts to my guinea pig?

Simply add brussels sprouts to the normal diet of guinea pigs along with the rest of fruits and vegetables. But don't feed more than twice a week. Make sure to wash the vegetable before feeding it to the animal.

Never cook the Brussels sprouts before feeding them to cavies otherwise this vegetable will lose all its beneficial nutrients. If you are thinking of adding salt or butter as a seasoning to Brussels sprouts then don't do so. Because these are unhealthy additions hence you should avoid them entirely. Your guinea pig will be more than happy to have 2 to 3 simple unseasoned brussels sprouts added to their meal.

Final thoughts

Brussels sprouts are healthy veggies that look like tiny cabbages. But **can guinea pigs eat Brussels sprouts?** Well, the answer is yes! guinea pigs can eat Brussels sprouts but the quantity needs not

to exceed 2 to 3 brussels sprouts twice a week. Having lower fat content than broccoli and more nutrients than cabbage, this vegetable wins the battle of being a healthy food option.