

## Pot Bellied Pig Diet

A vegetarian diet full of veggies and greens are highly recommended. I find that a strict diet of pig chow often leads to obesity and dry skin. Below I have listed some recommended things to feed your piggy:

**Veggies:** (giving veggies from all of the color groups is a good idea) Carrots, zucchini, beets (and their tops), turnips, eggplant, yellow squash, summer squash, celery, cucumbers, broccoli, cauliflower, radishes, green beans, yams or sweet potatoes (limited! – they are starchy), bean sprouts, alfalfa sprouts.

Note: I often use frozen veggies by putting them in the microwave with some water and nuking them for about four minutes on high (canned veggies are not recommended – too much sodium).

**Greens:** Romaine, green leaf, and red leaf lettuce (not iceberg – there is NO nutritional value in iceberg lettuce at all), collard, mustard, kale, etc.

**Fruit:** Limited to one serving per day as they have a lot of natural sugars – the sweeter the fruit, the more sugar it has. Things from the melon family are better, such as watermelon, honeydew, and cantaloupe

**Grains:** Bran flakes (no raisin bran – raisins stick between teeth and promote tooth rot!) or Cheerios, wheat germ, red flaky bran, etc.

**Protein:** Pigs need about 10% protein in their overall daily diet – giving beans and nuts will satisfy that requirement. Kidney and other red beans, cannellini beans, garbanzo, soy. Tofu and soy milk are great for your piggy too.

**Liquids:** Here is a little trick for getting your piggy to eat almost anything: Make a mixture of 1/3 juice (something non-acidic such as apple or cranberry) with 2/3 water. Douse meal bowl with juice/water mix and stir – everything tastes faintly like juice so the piggy will eat it.

**Other:** I recommend a children's chewable vitamin and a heaping teaspoon of freshly ground flaxseed once daily. Flaxseed oil or fish oil capsules are okay but I find that freshly ground flaxseed is even more beneficial to their skin. Freshly grinding the flaxseed releases the oil just before serving.

For arthritic, older pigs I recommend giving Glucosamine and Chondroitin with MSM and collagen supplements. Costco and Sam's Clubs carry several types – my favorite is the liquid from Costco (berry flavored), or Sam's (citrus flavored). Just measure and pour into food bowl once daily.