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## Chinchilla Toys, Treats, and Chews

Chinchillas love to eat, especially sugary treats, but they also very easily gain weight. For this reason it is very important to not give too many treats to your chinchillas, no matter how much they beg for them (and they will beg!).

Despite what your local petstores say, foods with a lot of seeds and nuts are NOT good for chinchillas. They contain too many carbohydrates, which can severely mess up a chinchilla's gastrointestinal tract. They will get diarrhea and this can lead to death. The best treats to give chinchillas are green leafy vegetables, which they love, and occasional fruits. You should always give organic fruits and vegetables, as pesticides are even more detrimental to their health than ours.

Below is a list of fruits you can give to chinchillas in small amounts as occasional treats. Give only 1 level tablespoon per 1 kg (2.2 lb) of body weight daily. Do not forget to wash them first!

Peaches	Plums	Blackberries	Papaya
Strawberries	Blueberries	Carrots	Green and red bell
Apples (no seeds)	Raspberries	Apricots	peppers
Nectarines	Raisins	Oranges	

Below is a list of safe chews and toys for your chinchilla. It is very important that they have something to chew on as their teeth grow continuously and need to be worn down. Toys are also important to prevent boredom, provide exercise and mental stimulation, and keep your chinchilla from destroying your home.

Straw and hay mats	Toilet paper/paper towel rolls
Timothy Hay (or other grass hay)	Phone books for shredding
Dried cholla	Cat toys (roll or toss)
Dried gourds	Napkin holders (wooden or ceramic)
Mineral licks	Cardboard boxes
Paper bags for hiding	Wooden bird toys that hang from cage
Busy Bunny Toys ( <a href="http://www.busybunny.com">www.busybunny.com</a> )	

## Bad for Chinchillas

The following list of foods greens you should never give to a chinchilla. Also, keep all poisonous plants and chemicals out of reach. They hop high and get into mischief when you're not around!

Iceberg lettuce	Meat	Rice	Wood covered with
Cereal	Bananas	Nuts/Seeds	tarnish, sealant, or paint
Potatoes	Cabbage	Sugary foods	
Radishes	Rhubarb	Bread	
Chocolate	Onions/garlic		

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