Almost all of an adult chinchilla’s diet should be hay!

95% Grass Hay (critical for teeth and digestion):
Unlimited timothy hay, orchard grass, oat hay. Avoid alfalfa hay due to high calcium levels.

0-5% Healthy Pellets:
1 tablespoon per day maximum. No colorful pieces or dried fruits/veggies.

0-1% Healthy Treats (optional):
- uncooked oats
- dried rose hips
- carrots
- raisins

Avoid:
- cherrios
- fruit
- nuts
- pasta
- prepackaged treats
- seed sticks
- vegetables
- yogurt drops

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