

Save Foods!

Azuki beans
Apple (seeds removed)
Apricots (seeds removed)
Asparagus
Bamboo
Banana
Bean sprouts
Beetroot
Blackberries
Blackcurrants
Blueberries
Bok-choy
Broad beans (canned or cooked)
Broccoli
Butternut squash
Canneletti beans
Carrots
Cauliflower
Celeriac
Celery
Cherries (seeds removed)
Chick Peas (soaked, canned or cooked)
Chicory
Chocolate (ok, in moderation)
Coconut
Corn
Cranberries
Cucumber
Dandelion leaves
Dates
Eggplant
Garlic
Grapes (seeds removed)
Green beans (cooked)
Kale (curly)
Kidney beans (cooked only)
Kiwi (small amounts, without skin)
Lettuce (in moderation)
Olive
Parsnips
Peach
Peas
Pears
Plums
Pomegranate
Popcorn

Potato (cooked only)
Prunes
Pumpkin (cooked only)
Radish
Raisins
Raspberries
Sharon fruit
Soybeans (cooked only)
Spring greens
Spinach
Strawberries
Sweet potato (cooked only)
Sugar snap pea
Tomato
Turnip
Water chestnuts
Watercress
Watermelon
Zucchini

Not Safe Foods for Rats

Mushrooms
Avocados
Raw Beans
Liquorice
Candy
Apple Seeds (I avoid all fruit seeds)
Dry Corn
Mango
Cabbage
Brussels Sprouts
Onions
Green Bananas
Green Potatoes
Wild Bugs & creepy crawlies (won't kill them, but can carry disease)
Raw Sweet Potato (I avoid cooked too)
Artichokes
Rhubarb
Blue Cheese
Poppy seeds
Tofu
Citrus
Dairy Products
Coffee and Tea
Anything Carbonated
Spoiled Food

