



LET'S TALK ABOUT
**SAFE &
DANGEROUS
FOODS**

A LEH CARE GUIDE

By Happy Quills

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SAFE & DANGEROUS FOODS

Egyptian Long Eared Hedgehogs (LEH) can enjoy a wide range of “human” foods as part of their balanced diets. Below are lists of safe foods and also foods to avoid feeding your LEH.

SAFE	UNSAFE
MEAT	
Cooked chicken	Pork
Lean Mince	Fish
Cooked Turkey	
Small Bits of Cut Beef	
Small Bits of Cut Lamb	
Pheasant	
Pinkie Mice	
Raw Pet Grade Meat	
Day old chicks	
FRUITS AND VEGETABLES	
Apple	Citrus Fruits

SAFE**UNSAFE**

Strawberries

Limes

Banana

Orange

Watermelon (Seeds Removed)

Lemon

Carrots

Pineapple

Cucumber

Grapefruit

Sweetcorn

Grapes

Dried Fruit

Raisins

Legumes

Avocado

Tomatoes

Onion and Garlic

OTHER

Scrambled egg (no milk)

Chocolate

Hard Boiled Egg

Junk Food

Raw Quails Eggs

Seeds and Nuts