

Greens and Vegetables – Part of a Healthy Rabbit’s Diet

Feed a minimum of 1 cup of greens and/or vegetables for each 4 pounds of bodyweight. A variety is recommended in order to obtain the necessary vitamins and nutrients. Add one new item to the diet at a time for 3 to 4 days in row before adding more new items. Eliminate an item if it causes soft stools or diarrhea. Buy organic if possible and wash all produce thoroughly to get rid of harmful pesticides. A vegetable wash is helpful. Do not use grass or greens picked outside if there is a chance they have been treated with fertilizer or pesticides.

Vegetables and Greens

to use on a daily basis:

Alfalfa sprouts
Basil
Carrot tops
Cilantro
Clover and clover sprouts
Dandelion greens
Endive
Escarole
Green or Red leaf lettuce (never Iceberg)
Green peppers
Mint leaves
Parsley
Pea Pods (edible kind)
Radicchio
Radish tops or sprouts
Romaine lettuce
Watercress
Wheat grass

to use in limited quantities as they may cause gas, or contain oxidants and giotrogens which can be toxic over time:

Beet tops
Bok Choy
Broccoli leaves and stems
Brussels sprouts
Collards
Kale
Mustard greens
Spinach

Fruits

Apple	Peach
Banana	Pear
Blueberries	Pineapple
Carrots	Plums
Grapes	Raspberries
Melon	Strawberries
Papaya	

Limit to 1 tablespoon per 5 pounds of bodyweight (none if dieting). Fruits can be sugary, so feed sparingly as a treat.

Absolutely NO

Bread	Onion
Cabbage	Pasta
Chocolate	Raw potato or skin
Cookies	Rhubarb
Crackers	Seeds
Cereal	Sugary treats
Corn	Yogurt drops
Nuts	

These items and other human “treats” can cause intestinal problems, including a toxic overgrowth of “bad” bacteria in the intestinal tract. Beware of “rabbit treats” sold in stores as these may include seeds, nuts, corn or too much sugar.