

RABBIT FOOD GUIDE



Rabbits are herbivores, meaning they only eat plants. Here is a quick guide to foods that are safe and healthy for your adult rabbit and foods you should avoid.

Grass hay should be the staple of your rabbit's diet. Feed an unlimited amount of a variety of grass hays such as Timothy hay, orchard grass and oat hay. Avoid alfalfa, though, which is too rich for most adult rabbits. At any given time, your rabbit should have access to a pile of hay at least twice as big as they are.



Your rabbit can also have good quality, high fibre Timothy hay-based pellets. Feed about 1/4 cup per 6 pounds of body weight per day.



Remember to introduce new foods slowly and in small amounts. Monitor your rabbit for any signs of digestive upset (like loose poops). Find more information at rabbit.org/faq-diet/.



GOOD TO GO!

Feed about 1 cup of leafy greens per 2 pounds of body weight per day. Give a minimum of 3 different types.

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| Arugula | Dill | Radish tops* |
| Basil | Endive | Red leaf lettuce |
| Beet greens* | Escarole | Romaine lettuce |
| Bok choy | Green leaf lettuce | Parsley* |
| Carrot tops | Kale | Spinach* |
| Cilantro | Mint | Swiss chard* |
| Chicory | Mustard greens* | Watercress |
| Dandelion greens (no pesticides!) | Radicchio | Wheatgrass |



*These should be rotated due to their oxalic acid content and make up only 1 out of the 3 types of leafy greens you feed in a day.



PROCEED WITH CAUTION!

Limit treats to 1 tablespoon per 2 pounds of body weight per day.

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| Apples (no seeds) | Pears |
| Bananas (no peels) | Plums (no pits) |
| Bell peppers | Raspberries |
| Blueberries | Strawberries |
| Broccoli | Summer squash |
| Brussels sprouts | |
| Carrots | |
| Cherries (no pits) | |
| Melons | |
| Papayas | |
| Peaches (no pits) | |



STOP RIGHT NOW!

Do not feed these foods! Sugary, starchy and fatty foods can make rabbits sick.

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|-------------------|-----------------|--------------|
| Beans | Iceberg lettuce | Potatoes |
| Bread | Nuts | Rolled oats |
| Breakfast cereals | Onions | Rhubarb |
| Chocolate | Pasta | Seeds |
| Cookies | Popcorn | Yogurt drops |
| Corn | | |
| Crackers | | |
| Garlic | | |

