



Practice Limited to Birds, Reptiles and Exotics

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## **VEGETABLES & FRUITS FOR YOUR RABBIT**

*Rabbits less than 4 months of age should not be given fruits and vegetables as this can cause diarrhea.*

General guidelines are to feed a minimum of 1 cup of vegetables for each 4 lbs. of body weight. Select at least three types of vegetables daily. A variety is necessary in order to obtain the necessary nutrients, with one each day that contains **Vitamin A, indicated by an \*** below. Add one vegetable to the diet at a time. Eliminate if it causes soft stools or diarrhea. Remember, each rabbit is an individual and you will need to alter these guidelines to meet your rabbits' specific requirements based on his/her health and sensitivity to certain foods. Vegetables should be washed well and all blight removed from them.

*Vegetables indicated with an (!) contain a high level of oxalates and calcium and should be fed sparingly to avoid bladder stone formation.*

### **VEGETABLES**

- Alfalfa, radish & clover sprouts
- Basil
- Beet greens (tops)\*
- Bok choy
- Broccoli (mostly leaves/stems)\*
- Carrot & carrot tops\*
- Celery
- Cilantro
- Clover
- Collard greens\*
- Dandelion greens and flowers (no pesticides)\*
- Endive\*
- Escarole
- Green peppers
- Kale (!)\*
- Mint
- Mustard greens\*
- Parsley\*
- Pea pods (the flat edible kind)\*
- Peppermint leaves
- Radicchio
- Radish tops
- Raspberry leaves
- Romaine lettuce (no iceberg or light colored leaf)\*
- Spinach (!)\*
- Watercress\*
- Wheat grass

*(Continued on reverse)*

Limit fruits to 1-2 tablespoons per 5lbs of body weight (none if dieting) from the list below of high fiber fruits. Sugary fruits such as bananas and grapes should be used only sparingly, as occasional treats. Bunnies have a sweet tooth and if let to their own devices will devour sugary food to the exclusion of healthful ones.

## **FRUITS**

- Apple
- Blueberries
- Melon
- Orange (remove the peel)
- Papaya
- Peach
- Pear
- Pineapple
- Plums
- Raspberries
- Strawberries

Absolutely **NO toxic foods (chocolate, avocado or onions)**, cookies, crackers, breakfast cereals, bread, pasta, yogurt drops, or other “human treats.” There is research to suggest these items may contribute to fatal cases of enterotoxemia, a toxic overgrowth of “bad” bacteria in the intestinal tract.

Large, unlimited amounts of fresh hay and water should be offered daily. Young bunnies should be introduced to hay as soon as they can eat on their own. Mixed grass hay or timothy hay is preferred because it is lower in calories and calcium than alfalfa.

***We strongly recommend annual health examinations on all exotics!!***

