

## Indiana House Rabbit Society/Heartland Rabbit Rescue

PO Box 421746 • Indianapolis, IN 46242-1746  
(317) 767-7636 • www.indianahrs.org



### Greens and Vegetables

#### Do bunnies really like carrots?

Yes, they do! But carrots are more like a sugary treat for a bunny (so are fruits), so they should be given in small quantities. They can upset a bunny's digestive system if given too much.

A better way to think about giving a healthy variety of foods to your bunny is to feed a salad a day. Salads are a very healthy and important part of your rabbit's diet. In other words, give bunny those carrot *tops* instead, along with a nice selection of other greens!

Try to select a minimum of three types of greens daily. Each type of veggie will provide not only different nutrients, but also different chewing motions to aid with tooth grinding (bunny teeth are constantly growing!). Remember that there are many pesticides sprayed throughout the growing process, so it's important to thoroughly clean all produce before consuming it.

Check the list below for examples of the greens and vegetables that are safe to feed your rabbit. A good guideline is to feed a minimum of 1 cup of vegetables for each 4 lbs. of body weight per day. 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 rabbit's specific requirements based on his health and sensitivity to certain foods.

Limit fruits to 1-2 tablespoons per 5 lbs. 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 left to their own devices will devour sugary foods to the exclusion of healthful ones.

#### Vegetables:

- Alfalfa, radish & clover sprouts
- Basil
- Beet greens (tops)
- Bok choy
- Broccoli (mostly leaves/stems; limit, can cause gas)
- Brussels sprouts
- Carrot & carrot tops
- Celery
- Cilantro
- Clover
- Collard greens
- Dandelion greens and flowers (no pesticides)
- Endive
- Escarole
- Green peppers
- Kale (limit)

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### **Greens and Vegetables**

- Mint
- Mustard greens
- Parsley
- Pea pods (the flat edible kind)
- Peppermint leaves
- Radicchio
- Radish tops
- Raspberry leaves
- Red Leaf lettuce
- Romaine lettuce (no iceberg or light colored leaf)
- Spinach (limit)
- Watercress
- Wheat grass

### **Fruits:**

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

### **Occasional Treats:**

Small piece of carrot (1/2 inch)

Naturally dried fruits (1 tsp, or 1-2 raisins, Craisins, etc)

Absolutely NO chocolate (poisonous!), 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.