



RABBIT DIET SHEET

In the wild, rabbits will predominantly feed on grasses. In captivity, hay or grass should make up the majority (>70%) of the diet, being essential to maintain gastrointestinal & dental health. A rabbit should eat it's own body size in good quality hay a day.

Commercial pellets may also be fed as a small part of the diet (pellets are better than mixes to avoid selective feeding and obesity!) – feed dwarf and standard rabbits 1 tablespoon daily and Giant breeds 2 tablespoons of pellets daily MAXIMUM.

Vegetables and small amounts of fruit (not fruit high in simple sugar) may be fed twice daily.

Never make any sudden changes to your rabbit's diet as this could upset its digestive system. If the rabbit's eating habits change, the number of droppings gets less or stops, or there are soft droppings sticking to its back end, the owner must talk to a vet straight away as it could be seriously ill.

Recommended dietary items to feed:

- Dandelion leaves
- Grass (freshly cut from the backyard)
- Celery
- Spring greens
- Cabbage
- Chickweed
- Rocket
- Various Lettuces (avoid very light hearts: Romaine, Butter, Green leaf, Boston, Bibb)
- Lollo lettuce
- Chicory
- Goutweed
- Spinach
- Endive
- Escarole
- Peppers (green, red, yellow)
- Radicchio
- Radish tops
- Pumpkin leaves

Dietary items to feed in small quantities (high in calcium)

- Alfalfa hay (only when growing, <6 months of age)
- Pellets or treats
- Clover
- Carrot tops

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- Goosegrass
- Kale
- Sowthistle
- Broccoli
- Cawliflower
- Spear thistle
- Shepherd’s purse
- Swiss chard
- Beet greens
- Endive
- Bok choy

Good treats (small amount)

- Herbs (parsley, basil, mint, thyme, coriander, chamomile, chives, sage, dill, lavender): max 2 sprigs per week
- Slice or core of apple or pear
- Berries (blueberries, raspberries, blackberries, cranberries, strawberries): max 2-4 per week
- Roses and rose leaves, nasturtium, carnation (with no chemicals)

Dietary items to avoid

- Human food (biscuits, bread, cereals, oats, rivita, weetabix, nuts)
- Avocado

Calcium Content of Raw Vegetables per 1 cup serving, unless otherwise noted

(Based on Summary of Calcium in Rabbits, John E. Harkness in Rabbit Health News, 1994: Vol.11, p.7)

6 mg	Peppers, sweet	38mg	Lettuce, looseleaf
10 mg	Alfalfa sprouts	39mg	Turnips
15 mg	Pumpkin leaves	46 mg	Beet greens
16 mg	Coriander (cilantro)	56 mg	Spinach
18 mg	Chard, Swiss	58 mg	Mustard greens
19 mg	Radish seed sprouts	59 mg	Dock
20 mg	Lettuce, Romaine (per 100g serving)	62 mg	Peas, edible pod
20 mg	Squash, zucchini	65 mg	Rutabagas

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21 mg	Jerusalem artichoke	68 mg	Celeriac
24 mg	Pumpkin	74 mg	Chinese cabbage
26 mg	Endive	78 mg	Parsley
26 mg	Squash, summer	82 mg	Borage
28 mg	Asparagus	82 mg	Okra
28 mg	Cauliflower	94 mg	Kale
28 mg	Purslane	103 mg	Dandelion greens
28 mg	Radishes	105 mg	Turnip greens
30 mg	Carrots	137 mg	Kale, Scotch
30 mg	Eggplant	180 mg	Chicory greens
32 mg	Arugula	218 mg	Collards
32 mg	Cabbage	309 mg	Lambsquarter
32 mg	New Zealand spinach	315 mg	Mustard spinach
34 mg	Kohlrabi		

Broccoli flowers and stem, cilantro, dark leaf lettuce, watercress, Brussels sprouts, celery leaves, cabbage, and endive are good choices when trying to reduce dietary calcium. Turnip greens, broccoli leaves, mustard greens, kale, and collards greens should be restricted or eliminated depending on the severity of the problem.