



317-769-3933 | [info@chickennuggetandgang.com](mailto:info@chickennuggetandgang.com) | [chickennuggetandgang.com](http://chickennuggetandgang.com)

## 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. (Note – it is important that before introducing any fresh foods to your rabbit, it is best if she has been eating grass hay for a minimum of 2 weeks. The grass hay will help get her GI tract in good working order to be able to accept new foods more easily.)

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.



Information was provided by our friends at Indiana House Rabbit Society/Heartland Rabbit Rescue

[www.indianahrs.org](http://www.indianahrs.org)

## Vegetables:

\*These leafy greens need to be rotated due to oxalic acid content and should only be one out of three varieties of greens a day.

\*\*These non-leafy vegetables should be no more than about 15% of the diet. (About 1 T. per 2 lbs. of body weight per day.)

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Alfalfa, radish & clover sprouts*	Frisee lettuce
Arugula	Kale (limit)
Basil	Mint
Beet greens (tops)*	Mustard greens*
Bell peppers** (any color)	Parsley*
Bok choy	Pea pods** (the flat edible kind)
Broccoli** (mostly leaves/stems; limit, can cause gas)	Peppermint leaves
Brussels sprouts**	Radicchio
Carrot**	Radish tops*
Carrot tops	Raspberry leaves
Celery**	Red or Green Leaf lettuce
Cilantro	Red or Green Romaine lettuce (no iceberg or light colored leaf)
Clover	Spinach* (limit)
Collard greens	Spring greens
Dandelion greens and flowers (no pesticides)	Swiss chard*
Dill leaves	Turnip greens
Endive	Watercress
Escarole	Wheat grass

## Fruits:

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



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## 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.

View this resource online

<http://www.indianahrs.org/rabbit-care/greens-vegetables.aspx>



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