

YOUR NEW BEST FRIEND: RABBIT DIET BEST VEGGIES & GREENS

by Dr. Kayla Iske

Greens and veggies are loaded with incredible nutrients such as vitamins, minerals and antioxidants, not to mention water that provides essential hydration to your little ones. Thinking of a rabbit's overall diet, the variety of greens and veggies available far outweighs different types of available hays and pellets. Thus, these greens and veggies are a perfect way to diversify the diet and provide mental and nutritional enrichment to keep your bun interested at mealtime. Like guinea pigs and chinchillas, about 70% of a rabbit's diet should be high-quality grass hay paired with 20% species and age specific pelleted food, plus 8-10% greens and veggies. Dark leafy greens should make up the majority of the latter category and fruits should be offered infrequently in very small amounts.

What Does 8-10% Look Like?

Every animal is an individual and unique in their nutritional needs, so it is always best to consult with your veterinarian to determine the best diet for your individual pet. General feeding recommendations are around 1 cup of dark, leafy greens per 2 pounds of a rabbit's body weight daily. You can also provide other vegetables besides leafy greens, such as bell peppers and cucumbers, but these tend to be higher in simple carbohydrates like sugar and starch and should be provided in smaller quantities. A good rule of thumb is 1 tablespoon of non-leafy green veggies per 2 pounds of body weight per day. For example, a rabbit that weighs 3 pounds should get roughly 1/8 cup (2 Tbsp) pellets, 1.5 cups leafy greens, and 1.5 tablespoons of chopped veggies (non-leafy greens). A general feeding chart for various body weights can be found below. Providing 3 to 5 different types of greens and veggies daily is encouraged, rotating types and varieties each day or week. These greens and veggies can be offered all at once, but it is best divided into multiple daily feedings if possible, to provide more enrichment, interaction, and avoid rapid intake in a short period of time. If available, organic produce is preferred to avoid pesticides and produce should be washed before offering.



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While not an exhaustive list, the following are bunny-approved greens and veggies to consider:

Gradual introduction of any new food item, especially greens and veggies, is important to avoid overwhelming and upsetting your bunny's digestive tract. Even if a food is completely appropriate for an animal, a fast or lackadaisical transition can lead to gastrointestinal upset simply because the gut is not used to processing that food. Additionally, never introduce more than one new food item at a time. Start with very small amounts and slowly increase over time, monitoring for any changes in attitude, appetite, or stool production.

- Leafy green lettuce (Romaine, butter, Bibb)
- Red or green leaf lettuce
- Arugula Endive
- Turnip Greens
- Dandelion Greens
- Chicory
- Raspberry Leaves
- Radicchio
- Basil
- Mint
- Watercress
- Kale (all types)
- Cilantro
- Bok Choy
- Dill Leaves
- Parsley
- Spinach
- Mustard Greens
- Swiss Chard
- Wheat Grass
- Escarole
- Bell peppers (any color, seeds removed)
- Cucumber with leaves
- Parsnip
- Summer/zucchini squash
- Kohlrabi
- Celery (remove veins or cut into chunks)
- Broccolini
- Carrots with leaves/greens intact
- Broccoli (leaves and stems)
- Brussel sprouts
- Cabbage

