**A Healthy Rabbit Diet**

### Hay

Timothy or grass hay available at all times for a healthy bowel and trimmed teeth. Alfalfa is good for babies, underweight, or elderly rabbits; too rich for healthy adult rabbits.

Don’t store hay in an airtight container and check for mold or insects before feeding.

### Water

Fresh water at all times; changed daily.

Heavy crock or bowl or a water bottle that is not stuck.

Some rabbits prefer drinking from a heavy ceramic crock.

### Pellets

Alfalfa or Timothy

Up to 7 months old feed free.

1/4 cup per 4 pounds of body weight.

Protein level 14-16% to help prevent obesity.

Fiber 18% to promote a healthy bowel.

Fat 3% or lower; 1.5 % is better.

Stay away from pellets that contain dried fruit and seeds.

### Vegetables

Approximately 1 cup of washed veggies daily.

Introduce veggies slowly to reduce the likelihood of diarrhea.

### Snack Food

Papaya tablets

Fruits in small amounts (about 1 Tbsp)

Unsweetened shredded wheat.

Crackers, most cereals, and sweets are not recommended because they can cause weight gain and bowel upset.

### Some Rabbit Safe Vegetables and Fruits

- Apple (not seeds)
- Arugula
- Banana
- Basil
- Beet tops
- Blackberry (leaves, stems, fruit)
- Blueberry
- Broccoli
- Cantaloupe
- Carrot (tops and root)
- Celery (short pieces)
- Chard
- Cilantro
- Clover
- Collard greens
- Dandelion (all)
- Dill
- Endive
- Escarole
- Fennel
- Grapes
- Honey Dew melon
- Kale
- Lemon Balm
- Lettuce (Romaine, leaf)
- Marigold
- Marjoram
- Mint
- Mustard greens
- Papaya
- Parsley
- Peach
- Pear
- Pineapple
- Radish tops
- Raspberry (leaves, stems, fruit)
- Sage
- Spinach
- Strawberry
- Watercress