

Recommended Vegetables

Select at least three kinds of vegetables daily. A variety is necessary in order to obtain the necessary nutrients, with one each day that contains Vitamin A (indicated in the following list by a *). Add only one new vegetable to the diet at a time. Eliminate if it causes soft stools or diarrhea.

Arugula	Collard Greens *	Spearmint leaves
Basil	Dandelion greens and flowers *	Peppermint leaves
Beet green (tops) *	Dill	Radicchio
Bok Choy	Endive	Radish tops
Carrot tops *	Escarole	Raspberry leaves
Chard	Kale *	Red or green leaf lettuce
Cilantro	Kohlrabi	Romaine lettuce *
Chicory	Mint	Turnip greens
Clover	Parsley *	Watercress *
		Wheat grass

If a vegetable does not appear on this list, DO NOT feed it. Be extremely careful to avoid celery (a serious choking hazard), broccoli, brussels sprouts, peppers, pea pods (can cause gas), spinach (too high-oxalate) and mustard greens (can be very spicy). Ensure that all greens are pesticide free (therefore, dandelions picked from yards should not be fed.)

Recommended Fruits (Treats)

If your rabbit is a healthy weight and tolerates fruit well, then suitable fruits can be given as a treat once per week. The size of the fruit for an average 5lb rabbit should be no larger than a small slice of banana you might put on your cereal.

Banana	Carrot	Strawberry
Apple	Grape	Melon
Pear	Raisin	Papaya
Peach	Blueberry	Mango
Nectarine	Raspberry	Pineapple
Plum	Blackberry	

Note: Carrots are very high in sugar and should be considered a fruit. They should be given in very limited quantities.

You should know what type of fruit your rabbit loves. This is important should she need liquid medication or a pill crushed up into it.