

Fruit & vegetables suitable for rabbits

Rabbits enjoy fresh fruits and vegetables and ideally they should be fed as part of a balanced diet.

The mainstay of a rabbit's diet should be large unlimited amounts of fresh hay with clean water freely available.

Large amounts of grass, if available, provide the good balanced nutrients that your rabbit needs to be healthy.

When introducing any new food, always do so slowly to avoid digestive upsets. We also recommend you introduce one new food at a time, so if it does upset the rabbit it can be removed from the diet.

Only give a small amount and wait for 24 hours. Then, if it isn't well tolerated (i.e. soft stools are produced) withdraw it and try with something else after everything has settled

back to normal. Allow 5 – 7 days before making any other additions.

The exact quantities given often depend upon the rabbit, so you may need to test your bunny's individual limits, as a rule an average 2.5kg rabbit should get 1.5 – 2.5 cups of fresh vegetables per day.



The following list is divided up into sub-sections of vegetables, fruits, herbs, and wild herbs/flowers that are deemed safe to feed rabbits. This list is not a conclusive one and other fresh foods may also be suitable to feed to rabbits.

Vegetables

- Artichoke leaves
- Asparagus
- Baby sweetcorn (but not full size ones)
- Beetroot (care with leafy tops as high levels of oxalic acid)
- Brussels Sprouts (both leaves and sprouts)
- Cabbage (can sometimes cause digestive upsets)
- Carrots and carrot tops (carrots should be limited as they are high in sugars)
- Cauliflower (and the leaves)
- Celeriac
- Courgette (and the flowers)
- Cucumber
- Curly Kale (small amounts)
- Fennel
- Green Beans
- Kohl rabi
- Parsnip
- Peas (including leaves and pods)
- Peppers (red, green and yellow)
- Pumpkin and Squash (e.g. Butternut)
- Radish tops
- Rocket
- Romaine Lettuce (not Iceberg or light coloured leaf)
- Spinach (only occasionally)
- Spring Greens
- Swede
- Turnip
- Watercress

Herbs (garden cultivars)

- Basil
- Coriander
- Dill
- Mint
- Parsley
- Oregano
- Rosemary
- Sage
- Thyme

Fruits

NB. Fruits should be fed in moderation due to high sugar content - up to 2 tablespoons worth per day.

- Apple
- Apricot
- Banana (high in potassium)
- Blackberries & leaves (excellent astringent properties)
- Blueberries
- Cherries
- Grapes
- Kiwi
- Mango
- Melon
- Nectarines
- Oranges (but not the peel)
- Papaya
- Peaches
- Pineapple
- Plums
- Raspberries & leaves (excellent astringent properties)
- Strawberries (and leaves)
- Tomatoes (not the leaves)

Wild herbs, weeds and flowers

- Calendula
- Camomile
- Comfrey
- Dandelion (flowers and leaves)
- Lavender
- Mallow

This information is prepared by The Rabbit Welfare Association. If you would like any further detail on the information above please contact us on 01256 764 771 or use the contact page on our website.