



Feeding for Longevity

These guidelines are given to help keep your buns healthy.

Babies

Birth to 3 weeks - mother's milk
3 to 4 weeks - mother's milk, nibbles of alfalfa and pellets
4 to 7 weeks - mother's milk, access to alfalfa and pellets
7 weeks to 7 months - unlimited pellets, unlimited hay
12 weeks - introduce vegetables one at a time, quantities under 1/2 cup and watch droppings to be sure they are not causing diarrhea.

7 months to 1 year

Introduce timothy, grass hay, and oat hay, decrease alfalfa
Decrease pellets to 1/2 cup per 6 lbs.
Increase daily vegetables gradually
2 Tablespoons fruit per 6 lbs.

1 to 5 years

Unlimited timothy, grass hay, oat hay, straw. Choose according to weight. If rabbits start getting overweight, eliminate oat hay and increase straw. Give at least one handful twice a day.
1/4 cup pellets per 6 lbs.
Minimum 2 cups chopped vegetables per 6 lbs.
2 Tablespoons fruit per 6 lbs.

Over 6 years

Increase pellets and, if calcium levels are normal, alfalfa hay if weight begins to drop.
Maintain vegetables as for younger adult Rabbits.



Rabbit Diet

With Veggie List & Age Guidelines

By Sandi Ackerman
And
Susan Brown, DVM

Including Kind Planet's Safe Flower and Herb List

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Keeping Rabbits Healthy

Feeding rabbits for longevity is the goal of those of us who advocate for rabbits.

Because rabbits are delicate creatures in many ways, following the advice offered by vets and educators will help you keep your rabbit healthy. There are many things to stay aware of in the pursuit of good health.

Special attention to changes in droppings and urine is always important. Some rabbits develop "sludgy" urine when too much calcium is in the diet or a bacterial infection is present. This is characterized by a chalky consistency and color. If diet changes do not bring about changes back to clear urine, a vet should be consulted.

Changes in the size or consistency of droppings can be caused by diet or infection. Small droppings may indicate a need for more fiber, as is provided by hay. Rabbits easily become victims of gi stasis. This is a preventable deadly condition in which gases and waste material build up in the stomach, unable to pass. Diarrhea can be fatal; watching for this deadly condition is very important.

Some veggies, such as broccoli and cabbage can cause gas. Be careful when feeding these items.



Make sure all food is fresh and pesticide free. Feed at least three different veggies a day to insure proper nutrients.

Keeping rabbits at an optimum weight is important. Good diet and yearly visits to a vet will help keep your rabbit healthy and happy for years to come.

Vegetables

Alfalfa Sprouts

Basil

Broccoli (mostly leaves/stems)

Beet Greens*

Bok Choy

Brussels Sprouts

Carrots & Tops*

Cabbage

Cauliflower

Celery (cut up, strings may cause problems)

Cilantro

Clover

Clover Sprouts

Collard Greens*

Dandelion Flowers & Greens

Endive

Escarole



Green Peppers

Kale*!

Mustard

Greens*

Parsley*

Snow Peas

Peppermint

Leaves

Radicchio

Radish Sprouts

Radish Tops

Romaine

Spinach*!

Watercress

Wheat Grass

!Use occasionally, these are high in oxalates or goitrogens which may be toxic in accumulated quantities over time

*At least one a day for Vitamin A

Kind Planet's Flowers & Herbs

Blackberry Vines & Leaves

Marigold

Nasturtium

Raspberry Vines & Leaves

Sage

Violets

Chamomile

Fennel

Mint

Plantain

Rosemary

Roses

Thyme

Yarrow

Fruit

Apple

(no seeds or stems)

Blueberries

Blackberries

Melon

Orange

(include peel)

Raspberries

Strawberries

Banana

Peach



Pear

Pineapple

Papaya

Plum

Occasional Treats

Oatmeal

Raisins

Oat Groats

If a vegetable is not included in our list, DO NOT FEED IT TO RABBITS! It may be toxic.

Rabbits are herbivores. Better pellets have no animal products such as bone meal. Additionally, make sure pellets do not include clay binders. These may contribute to gi stasis. It has been noted that some people increase hay and vegetables, eliminating pellets with good results. If one wishes to pursue such an option, one should become better educated regarding nutritional needs. A good source of info is the House Rabbit Handbook. The book includes an excellent chapter on diet. It can be purchased at book stores or online where a portion of the sale supports rabbits of The Sanctuary, www.kindplanet.org/rabbits.html

Questions? Contact Us.
The Sanctuary
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