A rabbit’s diet should be made up of good quality pellets, fresh hay, (alfalfa, timothy or oat), water and fresh vegetables. Anything beyond that is a “treat” and should be given in limited quantities.

Pellets should be fresh, and should be relatively high in fiber (18% minimum fiber). Do not purchase more than 6 weeks worth of feed at a time, as it will become spoiled. Pellets should make up less of a rabbit’s diet as he or she grows older, and hay should be available 24 hours a day.

When shopping for vegetables, look for a selection of different veggies (see sidebar). Look for both dark leafy veggies and root vegetables, and try to get different colors. Stay away from beans, corn and rhubarb.

Hay is essential to a rabbit’s good health, providing roughage which reduces the danger of hairballs and other blockages. Apple tree twigs also provide good roughage, just be sure to let them dry for three months before given them to your bunny.

**Babies and “teenagers”**
- 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 oz.)

**Young Adults (7 months to 1 year)**
- introduce grass and oat hays, decrease alfalfa
- decrease pellets to 1/2 cup per 6 lbs. body weight
- increase daily vegetables gradually
- fruit daily ration no more than 1–2 oz. (1–2 tablespoons) per 6 lbs. body weight (because of calories)

**Mature Adults (1–5 years)**
- Unlimited grass hay, oat hay, straw
- 1/4 to 1/2 cup pellets per 6 lbs. body weight (depending on metabolism and/or proportionate to veggies)
- Minimum 2 cups chopped vegetables per 6 lbs. body weight
- fruit daily ration no more than 2 oz. per 6 lbs. body weight

**Senior Rabbits (over 6 years)**
- If sufficient weight is maintained, continue adult diet
- Frail, older rabbits may need unrestricted pellets to keep weight up. Alfalfa can be given to underweight rabbits, only if calcium levels are normal. Annual blood workups are highly recommended for geriatric rabbits.

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**Dietary Recommendations**  
*by Sandi Ackerman*

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**Good Veggies for Bunnies**
- alfalfa sprouts
- basil
- beet greens (tops)
- bok choy
- broccoli (mostly leaves/stems)
- Brussels sprouts
- carrots and carrot tops
- celery (chop in small pieces)
- cilantro
- clover, clover sprouts
- collard greens
- dandelion greens and flowers (no pesticides)
- escarole
- green peppers
- mint
- parsley
- pea pods (the flat edible kind)
- peppermint leaves
- radish sprouts, tops
- raspberry leaves
- romaine lettuce (no iceberg or light colored leaf lettuce)
- watercress
- wheat grass

**Veggies to Give Occasionally**
- kale
- mustard greens
- spinach
- Swiss chard

**Special Treats**
- apple
- bananas
- blueberries
- cranberries (dried)
- grapes
- melon
- orange
- papaya
- peach, pear
- pineapple
- plums
- raspberries
- strawberries

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