

Approved Fresh Produce for Daily Rabbit Salads

NOTE: It is always preferable to buy organic produce if at all possible. If collecting wild foods such as dandelion greens, make sure they are from a pesticide-free area. All fresh foods regardless of the source should be washed or scrubbed (in the case of hard vegetables) before serving them.

Leafy Greens

These foods should make up about 75% of the fresh portion of your rabbit's diet (about 1 packed cup per 2 lbs of body weight per day).

Leafy Greens I (low in oxalic acid)

- Arugula
- Carrot tops
- Cucumber leaves
- Endive
- Escarole
- Frisee lettuce
- Kale (all types)
- Mache
- Red or green lettuce
- Romaine lettuce
- Spring greens
- Turnip greens
- Dandelion greens
- Mint (any variety)
- Basil (any variety)
- Watercress
- Wheatgrass
- Chicory
- Raspberry leaves
- Cilantro
- Radicchio
- Bok Choy
- Fennel (the leafy tops as well as the base)
- Borage leaves
- Dill leaves
- Yu choy



Leafy Greens II (need to be rotated due to oxalic acid content and only one out of three varieties of greens a day should be from this list)

- Parsley
- Spinach
- Mustard greens
- Beet greens
- Swiss chard
- Radish tops
- Sprouts (from 1 to 6 days after sprouting, sprouts have higher levels of alkaloids)



Fruits

These should be no more than 5% of their diet (about 1 teaspoon per 2 lbs of body weight per day). NOTE: unless otherwise stated it is more nutritious to leave the skin on the fruit (particularly if organic), just wash thoroughly. If you are in doubt about the source of the fruit and you are concerned about chemicals in the skin, then remove it.

- Apple (any variety, without stem and seeds)
- Cherries (any variety, without the pits)
- Pear
- Peach
- Plum (without the pits)
- Kiwi
- Papaya
- Mango
- Berries (any type and uncooked)
- Pineapple (remove skin)
- Banana (remove peel; no more than about 2 1/8 inch slices a day for a 5 lb rabbit...they LOVE this!)
- Melons (any – can include peel and seeds)
- Star fruit
- Apricot
- Currants
- Nectarine

Non-Leafy Vegetables

These should be no more than about 20% of their diet (About 1 tablespoon per 2 lbs of body weight per day).

- Carrots (maximum one inch per day)
- Edible flowers (roses, nasturtiums, pansies, hibiscus)
- Celery
- Bell peppers (any color)
- Chinese pea pods (flat kind without large peas)
- Brussel sprouts
- Cabbage (any type)
- Summer squash
- Zucchini squash

