

# Vegetables—The Joy of Rabbits’ Diets

## Vegetables Quantities

The quantity of vegetables offered daily *should be limited to assure the rabbit eats plenty of hay*. The quantity should be twice the size of the rabbit’s head, if you were to chop the vegetables coarsely and gather them snugly (but not squeezed tightly) into your hands.

Don’t chop the vegetables though - the rabbits prefer whole pieces they can “chop” themselves. The following table may help judge the quantity of vegetables to give your rabbit.

Weight	Sample Breed	Chopped Veggies Loosely Packed
3 to 4 lbs	Netherland Dwarf	¾ cup
4 to 5 lbs	Holland Lop	1 cup
5 to 6 lbs	Mini Lop	1¼ cup
6 to 8 lbs	Rex	1¾ cup
8 to 11 lbs	New Zealand	2 cups
11 to 14 lbs	Flemish Giant	2¼ cups

## Vegetables Rabbits Can and SHOULD Have

*Never give ANY vegetable every day!!*

Vegetable	Comment	Vegetable	Comment
Alfalfa		*Kale	
Arugula		Mint	
Basil		Mustard Greens	
*Beet Greens		*Parsley	
Bok Choy		*Snow Peas	If peas aren’t completely flat, don’t give to rabbits
*Carrots		Pea Plant Leaves	Leaves, <b>NOT</b> the peas!
*Carrot Tops		Peppermint Leaves	
Celery	No longer than 1”, long strings swallowed whole are bad for rabbits with molar problems	Radicchio	
Cilantro		Radish Tops	
Clover		Raspberry Leaves	
Collard Greens		*Romaine (greens & flowers)	<i>Or any red or dark green leafy lettuce, but not head lettuce)</i>
*Dandelions		*Spinach	
Escarole		Swiss Chard	
*Green Peppers		Turnips and Tops	
<b>* Denotes vegetables high in Vitamin A</b>			

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## Vegetables Which May Cause Gas and Bloating in Sensitive Rabbits

*(We have insufficient information to make recommendations about Jicama or Rhubarb stalks)*

- **Beets** - high in starches which can cause serious digestive upsets
- **\*Broccoli**
- **Brussel Sprouts** - should never make up the bulk of the vegetables given, because they destroy thiamin
- **Cabbage**
- **Cauliflower**
- **Green Beans**

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## Vegetables to Avoid Giving to Rabbits

### TOXIC

- **Dried Beans**
- **Onions**
- **Raw Beans** - such as Lima, Kidney, and Soy
- **Rhubarb Leaves** - Rich in compounds which destroy nutrients
- **Bamboo Shoots**
- **Bracken Fern Cassava**
- **Coffee Plants**
- **Lima Beans**
- **Maize Millet**
- **Sweet Potatoes**
- **Tea Leaves** - High in starches which can cause severe digestive upsets, gas, and bloating, which can be deadly
- **Cooked protein-rich beans of any kind**
- **Dried Corn Dried Peas Grains** - other than as described above
- **Nuts Potatoes** - even the peel
- **Raw protein-rich beans of any kind**
- **Sweet Peas**
- **Whole Kernel Corn of any kind** - fresh, frozen, or canned (even the husks around the kernels can cause impaction)
- **Whole Seeds**

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**Do NOT use, has no nutritional value:**

**Iceberg Lettuce**