

■ Rabbit Diet Essentials

A Species-Appropriate Feeding Guide — Free Download

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Rabbits have one of the most specialised digestive systems of any companion animal. This guide covers exactly what to feed, what to avoid, and why hay is absolutely non-negotiable.

■ The Correct Rabbit Diet Breakdown

Food Type	Amount	Notes
Grass Hay (Timothy, Orchard, Meadow)	80%	Unlimited at all times — the single most important item
Fresh Leafy Greens	10–15%	Rotate 3–5 types daily — see safe list below
Pellets (adult rabbits only)	5% or less	Small amount only — NOT the main diet
Fresh Water	Always	Changed daily — bowl or bottle both fine
Treats (fruit, root veg)	Max 5%	Occasional only — high in sugar

■ Best Hay Types for Adult Rabbits

- ✓ Timothy Hay — the gold standard. High fibre, moderate protein and calcium.
- ✓ Orchard Grass — softer and slightly sweeter. Excellent for picky rabbits.
- ✓ Oat Hay — high fibre, usually well accepted. Great for variety.
- ✓ Meadow Hay — a natural mix of grasses and herbs. Excellent gut support.
- ✗ Alfalfa Hay — NOT for adult rabbits. Too high in calcium and protein. For under-6-month kittens only.

✓✗ Safe & Unsafe Vegetables for Rabbits

✓ SAFE TO FEED	✗ AVOID COMPLETELY
✓ Romaine & cos lettuce (NOT iceberg)	✗ Iceberg lettuce — causes diarrhoea
✓ Rocket / arugula	✗ Avocado — toxic
✓ Bell peppers (seeds removed)	✗ Onion, garlic, leeks — toxic
✓ Dill & fennel fronds	✗ Rhubarb — toxic
✓ Cucumber (limit amount)	✗ Potatoes — too starchy
✓ Courgette / zucchini	✗ Cabbage — causes bloating and gas
✓ Fresh herbs: basil, mint, coriander	✗ Corn — too high in starch

✓ Carrot TOPS (not the root — too sugary)

✗ Beet greens daily — high in oxalates

✓ Dandelion greens (no pesticides)

■ Why Hay Is Non-Negotiable

- Dental: Rabbit teeth grow continuously. Hay grinding wears them down correctly. Without it, teeth overgrow and cause painful, expensive dental disease.
- Gut: Hay fibre keeps the digestive system moving and prevents GI stasis — a potentially fatal condition.
- Weight: Unlimited hay keeps rabbits at a healthy weight — high fibre, low in calories.
- Wellbeing: Foraging through hay provides vital mental stimulation every single day.

■ Most Common Rabbit Diet Mistakes

- ✗ Too many pellets — pellets were made for farm rabbit weight gain, not long-term pet health.
- ✗ Carrots as a staple — the root is high in sugar. Carrot TOPS are nutritious; the root is a treat.
- ✗ Iceberg lettuce — very low in nutrition and causes watery diarrhoea.
- ✗ No hay available — the single most dangerous and most common rabbit diet mistake.
- ✗ Sudden diet changes — introduce all new foods gradually to protect the sensitive rabbit gut.

Want a Personalised Rabbit Nutrition Plan?

Rabbit NutriCraft is a species-specific nutrition planner built by a qualified Holistic Animal Practitioner. Hay types, greens rotation, supplement recommendations and more — tailored to YOUR rabbit.

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