



Leafy Greens I

1 cup per 2 lbs. of body weight per day; Rotate due to oxalic acid content and only 1 leafy greens/day from this point

- Parsley
- Spinach
- Mustard greens
- Beet greens
- Swiss chard
- Radish tops
- Sprouts (1-6 days after sprouting)

Leafy Greens II

Low in oxalic acid

- Arugula
- Carrot tops
- Cucumber leaves
- Endive
- Ecarole
- Frisee lettuce
- Kale (all types)
- Mache greens
- 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 and base)
- Borage leaves
- Dill leaves
- Yu choy

Root Vegetables and Flowers

No more than about 15% of the diet; 1 tbsp per 2 lbs. of body weight per day

- Carrots
- Broccoli (leaves and stems)
- Edible flowers (roses, nasturtiums, pansies, hibiscus)
- Celery
- Bell peppers (any color)
- Chinese pea pods (the flat kind without large peas)
- Brussel sprouts
- Cabbage (any type)
- Broccolini
- Summer squash
- Zucchini squash

Fruits

No more than 10% of the diet; 1 tsp per 2 lbs. of body weight per day

NOTE: *Unless otherwise stated, it is more nutritious to leave the skin on the fruit, 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; uncooked)
- Pineapple (remove skin)
- Banana (remove peel; no more than about 2 1/8 in. slices a day for a 5 lb. rabbit)
- Melons (any; can include peel and seeds)
- Star fruit
- Apricot
- Currants
- Nectarine