Healthy Diet for an Adult

**HAY**

* Timothy hay is recommended
* Avoid hay high in alfalfa as it is too rich in protein and too high in calcium, which can lead to health problems such as urinary stones.
* Should make up 80% of the rabbits diet
* Hay is crucial for the following reasons:
* Keeps digestive tract moving properly
* Reduces hairballs and blockages
* Keeps teeth filed down (rabbits teeth grown constantly)

**Pellets**

* Should make up about 5% of the rabbits diet (do not feed any pellets with dyed bits)
* We use Grandview Rabbitry Pellets 16/18
* Recommended pellet portions are as follows based on the size of the rabbit
* 0-5lbs: 1/3 cup per 24 hours
* 5-10lbs: 1/2 cup per 24 hours
* 11+lbs: 1 cup per 24 hours
* Kits under 4 months may have unlimited pellets

**Water**

* Rabbits must always have clean fresh water
* We add 1 tablespoon of **organic apple cider vinegar (ACV)** to 8 cups of water
* ACV contains essential vitamins and minerals which increase overall health of bunnies by helping to:
* Prevent urinary tract infections
* Improve digestion and increase nutrient absorption in the GI tract
* Reduces shedding, helps keep fur coat shiny and smooth
* Decreases urine odour
* ACV makes them smell “off” to fleas so fleas are not attracted to them

**BOSS (Black Oil Sunflower Seeds)**

* 1 tablespoon/week on their food
* helps keep coats shiny
* provides a few essential vitamins that help in the winter time to keep them warm
* FEED SPARINGLY IN THE SUMMER

**Organic Rolled Oats**

* Can be given as an occasional treat
* Rich in complex carbohydrates that provide energy for skinny bunnies for growth and/or repair of tissues.
* Provides proteins used to build and maintain muscle, hair, skin and nails
* AVOID OVERFEEDING AS OATS CAN INCREASE WEIGHT

**Rabbit Safe Sticks**

* Rabbits teeth grown constantly throughout their lives. Rabbits love to chew and require this to help keep their teeth filed down. Occasionally chewing fresh twigs and branches not only helps teeth wear down, they also provide fibers that stimulate activity of the digestive system. So they are not only nutritious and helpful, but fun as well.
* Safe trees/bushes:
* Willow
* Spruce
* Ash-tree
* Birch
* Maple
* Juniper
* Poplar
* Apple
* Pear
* Hazel
* Hawthorn
* **TOXIC** trees/bushes : trees carrying drupes – single seeded fruits
* Plum
* Cherry
* Apricot
* Peach

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<http://www.medirabbit.com/EN/GI_diseases/Food/Branch/Branch_en.htm>