

RABBIT SAFE FOODS (and the toxic list)



SAFE LEAFY GREENS

The following list contains leafy greens known to be safe for rabbits to eat.^{[2][4][5][6][7][8][9]}

- Arugula (*Eruca sativa*)

- Basil (*Ocimum basilicum*)
- Beets tops/greens (*Beta vulgaris*)
- Bok choy / Pak choi / Pak choy (*Brassica rapa subsp. chinensis*)
- Borage leaves (*Borago officinalis*)
- Buckwheat leaves (**Fagopyrum esculentum**)
- Cabbage (*Brassica oleracea*) – Too much can cause enlargement of the thyroid and digestive problems.^[8]
 - Red cabbage (*Brassica oleracea var. capitata f. rubra*)
 - Savoy cabbage (*Brassica oleracea convar. capitata var. sabauda* L.)
- Carrot tops (*Daucus carota*)
- Cassava greens (*Manihot esculenta*)^[10] – has a high protein content like alfalfa; feed sparingly.
- Chicory greens (*Cichorium intybus*)
 - Witloof / French endive / Belgian endive
- Cilantro/Coriander (*Coriandrum sativum*)
- Collard greens (*Brassica oleracea var. Acephala*)
- Cucumber leaves (*Cucumis sativus*)
- Dandelion greens (*Taraxacum officinale*)
- Dill leaves (*Anethum graveolens*)

- Endive (*Cichorium endivia*)
 - Escarole (*Cichorium endivia* var. *latifolia*)
- Fennel (*Foeniculum vulgare*) – leafy tops and base. Seeds have been reported to cause stool issues.
- Fenugreek (*Trigonella foenum-graecum*)
- Gai choy / Gai choi / Mustard greens / Kai choi (*Brassica juncea*)
- Goutweed (*Aegodopium podagraria*)
- Kai lan / Gai lan (*Brassica oleracea* var. *alboglabra*)
- Kale (*Brassica oleracea* var. *acephala*)
- Komatsuna / Mustard spinach (*Brassica rapa* var. *perviridis* or *komatsuna*)^[11]
- Lamb's quarters / White goosefoot (*Chenopodium album*)
- Lettuce (*Lactuca sativa*)
 - Butterhead lettuce
 - Cos lettuce
 - Frisee lettuce
 - Green leaf lettuce
 - Red leaf lettuce
 - Romaine lettuce
 - Lollo rosso lettuce

- Lollo lettuce
- Mache / corn salad (*Valerianella locusta*)
- Mint (*Mentha* spp.) – some plants in the **mint family** *Lamiaceae* may be [toxic](#)
 - Apple mint (*Mentha suaveolens*)
 - Chocolate mint (*Mentha × piperita*)
 - Orange mint (*Mentha citrata*)
 - Peppermint leaves (*Mentha × piperita*)
 - Pineapple mint (*Mentha suaveolens*)
 - Spearmint (*Mentha spicata*)
- Mustard greens (*Brassica juncea*)
- Napa cabbage / Pe tsai (*Brassica rapa* subsp. *pekinensis*)
- New Zealand spinach (*Tetragonia tetragonioides*)^[12]
- On choy / Water spinach / Kangkong / Kangkung / River spinach / Water morning glory / Water convolvulus (*Ipomoea aquatica*)^[13]
- Parsley (*Petroselinum crispum*)
- Purslane (*Portulaca oleracea*)^[14]
- Raspberry leaves (*Rubus* spp.)
- Radicchio (*Cichorium intybus*)
- Radish tops and sprouts (*Raphanus sativus*)

- Oriental radish / Daikon (*Raphanus sativus* var. *longipinnatus*)
- Rucola / Rucculo salad (*Eruca sativa*)
- Rutabaga greens (*Brassica napobrassica*)
- Spinach (*Spinacia oleracea*)
- Spring greens
- Sprouts
 - Alfalfa sprouts (*Medicago sativa*)
 - Lentil sprouts
 - Pea sprouts (*Pisum sativum*)
 - Mung bean sprouts (*Vigna radiata*)
- Sweet potato vines (*Ipomoea batatas*)^[15] – **Not regular potato greens!** Regular potato greens are in the nightshade family and toxic.
- Swiss Chard (*Beta vulgaris cicla*)
- Thistles [bull, milk, sow]^[16]
- Turnip greens (*Brassica rapa rapifera*)
- Watercress
- Water spinach (*Ipomoea aquatica*)^[17]
- Wheatgrass (*Poa spp.*)
- Yu Choy

Edible flowers and plants

These plants and flowers can also be used to spice up a rabbit's veggies.

Below is a list of known rabbit-safe flowers and plants. [\[22\]\[23\]\[24\]\[25\]\[26\]\[27\]\[28\]\[29\]\[30\]\[31\]\[32\]\[33\]](#)

- Apple (*Malus spp.*)
- Ash (*Fraxinus excelsior*)
- Basil (*Ocimum basilicum*)
- Borage (*Borago officinalis*)
- Buchan weed (*Hirschfeldia incana*)
- Burdock (*Articum minus*)
- Brambles (*Rubus spp.*) – includes raspberries and blackberries.
- Broad-leaved dock (*Rumex obtusifolius*)
- Caraway (*Carum carvi*)
- Cat's Ear (*Hypochoeris glabra*)
- Chamomile (*Matricaria chamomilla*)
- Chickweeds / starweeds / starworts (*Stellaria media*)
- Chervil (*Anthriscus cerefolium*)

- Clover / trefoil (*Trifolium* spp.) – specifically, white clover (*Trifolium repens*) and red clover (*Trifolium pratense*)
- Cockscomb (*Celosia argenta cristata*)
- Comfrey (*Symphytum officinale*)
- Common chicory (*Cichorium intybus*)
- Common snapdragon (*Antirrhinum majus*)
- Common zinnia (*Zinnia elegans*)
- Coltsfoot (*Tussilago farfara*)
- Coriander / cilantro (*Coriandrum sativum*)
- Cornflower / Bachelors button (*Centaurea cyanus*)
- Cosmos (*Cosmos bipinnatus*)
- Cow parsley (*Anthriscus sylvestris*)
- Curled dock (*Rumex crispus*)
- Daisy / Common daisy / English daisy (*Bellis perennis*)
- Dame's rocket (*Hesperis matronalis*)
- Dandelion (*Taraxacum officinale*)
- Daylily (*Hemerocallis* spp.)
- Dead Nettle (*Lamium album*)
- Dill (*Anethum graveolens*)

- Dock (*Rumex obtusifolius*)
- Fennel (*Foeniculum vulgaris*)
- Field maple (*Acer campestre*)
- Flatweed (*Hypochoeris radicata*)
- Fireweed / Rosebay willowherb / Great willow-herb (*Chamerion angustifolium*)
- Garden cress (*Lepidium sativum*)
- Garden nasturtium / Indian cress (*Tropaeolum majus*)
- Garden Verbena (*Verbena x hybrida*)
- Geum / Avens (*Geum spp.*)
- Gillyflower / stock (*Matthiola incana*)
- Gladiolus (*Gladiolus spp.*)
- Goat willow (*Salix caprea*)
- Goldenrod (*Solidago spp.*)
- Greater plantain / Broadleaf plantain (*Plantago major*)
- Ground elder (*Aegopodium podagraria*)
- Groundsel (*Senecio vulgaris*)
- Goutweed (*Aegopodium podagraria*)
- Hawthorn (*Crataegus monogyna*)
- Hazel (*Corylus avellana*)
- Hibiscus (*Malvaceae spp.*)

- Hogweed (*Heracleum spondyleum*)
- Hollyhock (*Alcea spp.*)
- Hyssop (*Hyssopus officinalis*)
- Impatiens (*Impatiens walleriana*)
- Irish moss (*Sagina subulata*)
- Jasmine (*Jasminum sambac*)
- Jerusalem artichoke (*Helianthus tuberosus*)
- Knotweed / smartweed / hogweed / wireweed / lady's thumb (*Polygonum aviculare*)
- Lady's mantle (*Alchemilla mollis*)
- Lady's smock (*Cardamine pratensis*)
- Lamb's quarter / fat hen / goosefoot (*Chenopodium album*)
- Lavender (*Lavendula spp.*)
- Lemon balm (*Melissa officinalis*)
- Lovage (*Levisticum officianle*)
- Mallow (*Malva spp.*) – specifically, common mallow (*Malva sylvestris*)
- Milk thistle / lady's thistle / holy thistle / St. Mary's thistle (*Caduus marianus* L.)
- Moss-rose (*Portulaca grandiflora*)
- Mustard (*Sinapis spp.*)

- Mustard greens / Kai choi / Gai choy / Gai choi (*Brassica juncea*)
- Nasturtium (*Tropaeolum spp.*)
- Nettle (*Urtica urens*) – feed dried or wilted to reduce sting, but rabbits generally have no trouble eating fresh either.
- New England aster (*Aster novae-angliae*)
- Oregano (*Origanum vulgare*)
- Orchid (*Phalenopsis, Sophronitis, Oncidium, Cattleya spp.*)
- Oxeye daisy / Marguerite (*Leucanthemum vulgare*)
- Pansy (*Viola × wittrockiana*)
- Peppermint (*Mentha × piperita*)
- Petunia (*Petunia x hybrida*)
- Plantain / ribwort (*Plantago spp.*) – specifically, broad-leaved plantains (*P. major*) and narrow-leaved plantains (*P. lanceolata*)
- Pot marigold (Calendula) (*Calendula officinalis*)
- Prickly lettuce (*Lactuca serriola*)
- Purslane (*Portulaca oleracea*)
- Ribbon plant / Spider plant (*Chlorophytum comosum*)

- Ribwort / Narrow-leaved plantain (*Plantago lanceolata*)
- Rose (*Rosa spp.*)
- Rosebay willowherb (*Chamerion angustifolium*)
- Rosemary (*Rosmarinus officinalis*)
- Sage (*Salvia spp.*)
- Salad burnet / Small burnet (*Sanguisorba minor*)
- Sand rocket / Lincon weed (*Diplotaxis tenuifolia*)
- Shepherd's purse / caseweed / shovelweed (*Capsella bursapastoris*)
- Snow / Sugarsnap peas (*Pisum sativum*)
- Sow thistle / milk thistle (*Sonchus oleraceus*)
- Sunflower (*Helianthus annuus*)
- Sweet Cicely (*Myrrhis odorata*)
- Tall morning glory (*Ipomoea purpurea*) – seeds are [toxic](#)
- Tarragon (*Artemisia dracunculus*)
- Thyme (*Thymus spp.*)
- Turnip weed (*Rapistrum rugosum*)
- Treasure flower (*Gazania rigens*)
- Viola (*Violaceae spp.*)

- Vetch (*Vicia spp.*)
- Wallflower (*Erysimum spp.*)
- Weeping willow
- Wild lettuce (*Lactuca satigna*)
- Wild pansy / Heartsease (*Viola tricolor*)
- Wild strawberries (*Fragaria spp.*)
- Wild turnip (*Brassica tournefortii*)
- Wishbone flower (*Torenia spp.*)
- Wood cranesbill / Woodland geranium (*Geranium sylvaticum*)
- Woodland Goosefoot (*Chenopodium standleyanum*)^{[\[34\]](#)}
- Yarrow (*Achillea millefolium*)

Vegetables to avoid

Like any other animal, rabbits should not eat certain plants. Our [Toxic plants](#) article addresses the plants that should be kept out of a rabbit's reach. *Always check that list first before feeding your rabbit anything new.*

The ones listed below should be avoided for various reasons. [\[35\]](#)

- Bamboo shoots – contains compounds that destroy nutrients.
- Cassava (Yuca) – contains compounds that destroy nutrients.
- Chocolate – poisonous to most pets.
- Coffee plants – contains compounds that destroy nutrients.
- Corn – rabbits cannot digest corn hulls, and they are just the right size to block the small intestine if not chewed properly.
- Diatomaceous earth – made from finely ground shells, and when ingested or breathed in, can act like razor blades; do not use in litter or food.
- Iceberg lettuce – safe for rabbits to eat, but low in nutrients and higher in water content than other darker lettuces. Large amounts can cause diarrhea.

- Maize – contains compounds that destroy nutrients.
- Garlic and onions – immunosuppressive, see [Can my rabbit eat onion and garlic?](#) for details.
- Potatoes
- Raw anasazi, broad, common, lima, black, fava, horse, runner, garden, pinto, navy, kidney, soy beans and sprouts – contains high amounts of lectins which can damage intestinal walls and reduce nutrient absorption, but are destroyed by cooking and reduced by soaking, sprouting, or fermenting. [\[36\]](#)[\[37\]](#)[\[38\]](#)

FRUIT

Fruit should be given to your bunny one or two times a week. The appropriate serving is 1 to 2 tablespoons of fruit (either one kind or a mixture) per 5 pounds of body weight.

Fruit to feed your rabbit (one or two times a week):

- Apple (no seeds)
- Banana
- Berries: Blueberries, blackberries, strawberries, raspberries, cranberries
- Cherries (no seeds)
- Grapes
- Melon
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Watermelon

TOXIC PLANTS

Agave (leaves)
Amaryllis (bulbs)
Apple (seeds)
Azalea
Bird of Paradise (seeds)
Bloodroot
Buttercup (leaves)
Black Locust (seeds)
Boxwood (leaves/twigs)
Buckeye (seeds)
Buckthorn (berries)
Caladium
Calla (rhizome)
Castor Bean (seed)
Christmas Rose
Cone Flower
Crown of Thorns
Daffodil
Daphne
Delphinium
Dumbcane (Dieffenbachia)
Eggplant (plant)
Elderberry (unripe berries)
Elephant Ear
Flowering Tobacco

Foxglove
Holly (berries)
Horsechestnut (nuts)
Hyacinth
Iris
Ivy, Boston & English (berries)
Jack-in-the-Pulpit
Jerusalem Cherry
Jimson Weed
Jonquil
Lantana
Larkspur
Lily-of-the-Valley
Lupine
Mayapple
Mistletoe (berries)
Morning Glory (seeds)
Mustard (root)
Narcissus
Nicotiana
Nightshade
Oleander
Philodendron
Poison Hemlock
Poison Ivy
Potato (green)
Privet (berries)

Ranunculus
Rhododendron
Rhubarb (leaf blade)
Rosary Pea (seed)
Snow-on-the-Mountain
Sweet Pea (seeds)
Sweet Potato
Skunk Cabbage
Tansy
Tomato (leaves)
Tulip
Virginia Creeper (berries)
Water Hemlock
Wisteria (seeds/pods)
Yew (berries)
Yogurt