



Feeding Rabbits and Guinea Pigs

A healthy diet is crucial for rabbits and guinea pigs as it relates to maintaining gastrointestinal and dental health.

Hay/Grasses: 70% - 80%

- High fiber diets are vital for appropriate gastrointestinal and dental health
- Typically hay should be offered free choice daily
- In younger animals alfalfa hay can be used, but is usually avoided in adult animals
- Staple hay options include Timothy Hay, Orchard Grass Hay, and Botanical Hay

Veggies/Herbs: 10% - 20%

- While typically lower in proportion, a good mix of greens are also vital for appropriate nutrition
- If your pet does not typically get greens, they should be offered slowly to help prevent development of diarrhea
- Small mammals can develop urinary issues including bladder sludge and bladder stones secondary to vegetables high in both calcium and oxalates. Balancing these greens is not black and white as the relationship between the content levels of calcium and oxalates and their direct correlation to urinary issues is ever changing for various greens. It is typically recommended to only rotate in one variety of higher calcium or oxalate green at a time
- Guinea pigs need supplemental vitamin C in their diet, so vegetables higher in vitamin C can help ensure appropriate supplementation. The average guinea pig needs 10 to 20mg of vitamin C daily, and sick guinea pigs can need up to 100mg. Vitamin C can be given via some leafy greens as well as some vegetables, however the amount of vegetables offered should be limited due to their high sugar content. **We also recommend having a direct supplementation of vitamin C for guinea pigs such as Oxbow vitamin C tablets or liquid vitamin C given directly orally**
 - We do not recommend water additive or pellets with added vitamin C as these are unreliable methods of addition
- Recommendations vary on volume, but typically guinea pigs are offered ~½ cup of greens daily and rabbits ~ ½ to 1 cup daily

Vitamin C in Select Leafy Greens

Leafy Greens	Vitamin C / 0.5 cups
Parsley	130mg
Kale	100mg
Mustard Greens	80mg
Turnip Greens	60mg
Romaine Lettuce	9mg
Red/Green Leaf Lettuce	6mg
Boston Lettuce	6mg

Vitamin C in Select Vegetables

Vegetable	Vitamin C / 0.5 cups
Red bell peppers	150mg
Green bell peppers	80mg
Broccoli	92mg
Sweet potato	10mg
Carrot	9.3mg
Zucchini	20mg

Calcium and Oxalate Levels in Various Greens

Vegetable	Calcium	Oxalate
Dandelion Greens	Very high	High
Turnip Greens	Very high	Low
Parsley	High	Moderate
Kale	Moderate	Moderate
Bok Choy	Moderate	Low
Collards	Moderate	Low
Mustard Greens	Moderate	Low
Spinach	Low	Very High
Beet Greens	Low	High
Curly Endive	Low	Moderate
Basil	Low	Moderate
Watercress	Low	Low
Arugula	Low	Low
Swiss Chard	Very Low	Very High
Dill	Very Low	Low
Radicchio	Very Low	Low
Green Leaf Lettuce	Very Low	Very Low
Cilantro	Very Low	Very Low
Boston Lettuce	Very Low	Very Low
Romaine	Very Low	Very Low
Red Leaf Lettuce	Very Low	Very Low

Pelleted Diet: 5%

- Avoid pelleted diets that have add ins such as seeds, nuts, corn kernels
- Guinea pigs should get ~1 tablespoon of pellets twice daily and rabbits ~ 1/8 cup of pellets twice daily. This will vary based on animal age and any underlying health factors

Healthy Treats: 5%

- Fruits in small slices can be offered 1 to 3 times weekly. This includes options such as apples, bananas, and strawberries
- Some flowers and higher sugar vegetables such as bell peppers should be offered less frequently

Foods to Avoid

- Seeds
- Bread and oats
- Potatoes
- Onions
- Garlic
- Avocado