

# Food and fitness for healthy rabbits



# Introduction

Just like people, pets need to eat the right diet and get enough exercise to stay fit and healthy. But as many of us know, it's not always easy!

In this handy guide, you'll find lots of information on feeding and exercise to help you keep your rabbits healthy and happy. And if your rabbits are carrying a few extra pounds, there's also advice on how you can help them lose weight and get back into shape.



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From the *PAW Report*  
Important facts from our latest  
*PDSA Animal Wellbeing (PAW) Report*



# How do I know if my rabbits are a healthy shape?

## Why are we talking about shape?

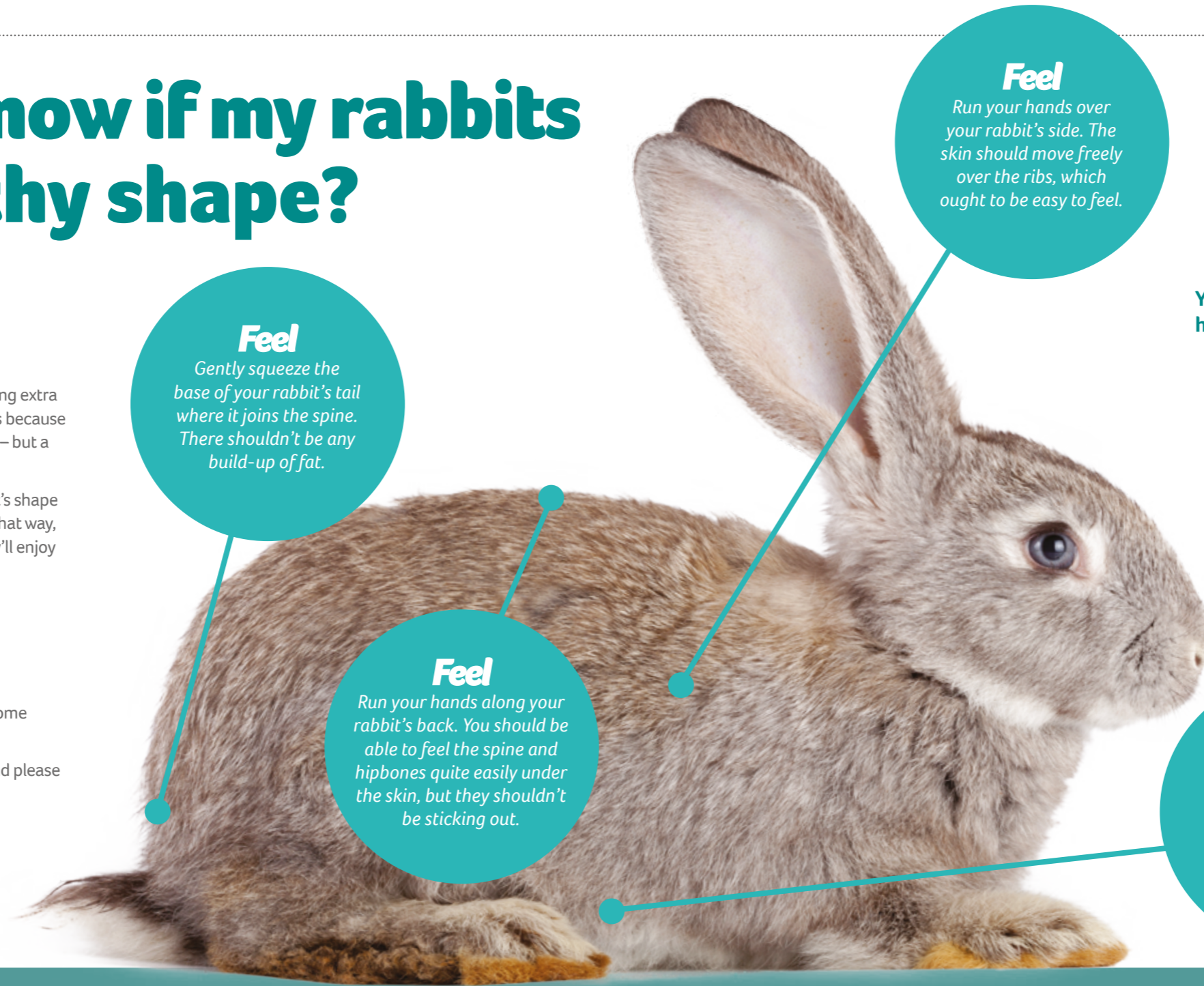
A rabbit's shape is a better way to tell if they're carrying extra weight rather than relying on the scales alone. That's because the ideal weight is different for every type and breed – but a healthy shape is the same for all rabbits.

It's good to get into the habit of checking your rabbit's shape every few weeks, starting when they're very young. That way, you'll know what's normal for your rabbits – and they'll enjoy the extra attention!

## How to check for a healthy shape

All you have to do is 'look and feel'. We've included some pictures to help you.

When you've finished, give your rabbit a big hug – and please remember to wash your hands!



**Feel**  
Gently squeeze the base of your rabbit's tail where it joins the spine. There shouldn't be any build-up of fat.

**Feel**  
Run your hands along your rabbit's back. You should be able to feel the spine and hipbones quite easily under the skin, but they shouldn't be sticking out.

**Feel**  
Run your hands over your rabbit's side. The skin should move freely over the ribs, which ought to be easy to feel.

Your vet or vet nurse can show you how to check your rabbit's shape.

**Look**  
Look at your rabbit from the side, and from above. You should be able to see a waist: if not, your rabbit may be a bit overweight.

**Feel**  
Feel under your rabbit's tummy. It should go in, not bulge out.

## BODY CONDITION SCORE

THE FIVE WELFARE NEEDS



### 1 VERY THIN

- Muscle loss
- Rump area curves in
- Ribs and other bones sharp to the touch



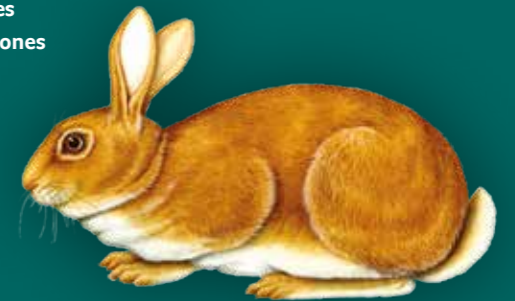
### 2 IDEAL

- No abdominal bulge
- Rump area flat
- Ribs and other bones felt but not seen



### 3 OBESE

- Pronounced fat layers
- Rump area bulges
- Ribs and other bones no longer felt



# Diet

Rabbits come in many shapes and sizes. The type and amount of food they need depends on their breed, species, age, health and lifestyle. Your rabbit needs fresh water to drink at all times.

## What should I feed my rabbits?

Rabbits need a diet that's as close as possible to their natural food. In the wild, they spend more than half their time feeding. Hay, grass and root vegetables are ideal foods for rabbits. They take time to eat and contain a lot of fibre, which is good for your rabbit's digestion, and helps wear down their teeth, which keep growing for their whole life. Having hay to eat also stops them from getting bored.

## Should I feed my rabbits carrots?

Although rabbits love carrots, they contain a lot of sugar, which is bad for your rabbits' teeth. Carrots are OK now and again, but you can feed the green leafy tops as often as you like!



## How often should I feed my rabbits?

Our vets advise that rabbits should be fed:

- At least their body size amount of hay each day. This is very important for healthy teeth and digestion.
- A handful of fresh vegetables, morning and evening.
- A tablespoon of commercial rabbit nuggets (not muesli-type mix) once a day for rabbits under 3.5kg, and twice a day for rabbits over 3.5kg.

It's important not to make sudden changes to your pet's diet, as this can make them go off their food completely. If you're not sure what to feed your pet, ask your vet or vet nurse, and they'll be happy to help you.

It sounds obvious, but pets that eat too much get fat! If you feed your rabbits a lot of treats as well as their normal food, most of the extra calories will turn into fat. Rabbits don't need treats to know you love them; playing and spending time with you are what they enjoy most of all.



**RABBITS  
NEED TO EAT AT LEAST  
THEIR OWN BODY SIZE  
AMOUNT OF HAY OR GRASS**

**EVERY DAY**

# Exercise

Pets rely on us to keep them fit and healthy. Many rabbits live in small hutches, and don't get much exercise. Because they get bored, they tend to overeat, and get fat. This can cause heart problems and arthritis: bored rabbits also groom themselves too much, and get hairballs.

As an owner, there are some simple things you can do to keep your rabbits fit, healthy and happy.



Give your rabbits some things to play with. Rabbits are very inquisitive and enjoy exploring. They will play happily with **plastic tubes, cardboard boxes** and **logs** (without wood treatment) which also make good hiding places; rabbits get scared easily.

It's also a good idea to have a **range of suitable toys**, and give your rabbits different ones to play with each week to keep them interested.

Give your rabbits the chance to dig. **Rabbits love digging**. A seed tray filled with potting compost lets them do what comes naturally, without burrowing holes all over your garden!



Make an outdoor exercise run. **Rabbits like to hop around, play, rummage in the grass** and **graze**. The bigger you can make the run, the better, but make sure you bury the wire at least 40cm into the ground, so your rabbits can't burrow out and escape.



*Spending time outside also means they get the sunlight they need to make **vitamin D**, which helps them absorb important calcium from their diet.*




# From the PAW Report

Every year, we produce our *PDSA Animal Wellbeing (PAW) Report* about how healthy and happy the UK's pets really are.

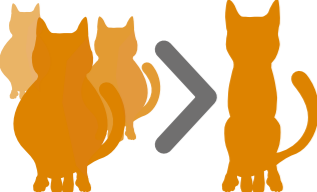

## Diet

Our latest Report shows that too many people are still feeding their pets food that isn't good for them. More than 5.5 million pets are given things like crisps, cake, leftovers, cheese, chips and takeaways as part of their normal diet – and more than 2 million owners feed treats because their pets beg for them.

Not surprisingly, many vets tell us they now see many more overweight and obese pets – even though most owners know that obese pets have more health problems, and live shorter lives.

**80%** OF VETERINARY PROFESSIONALS 

**BELIEVE THERE WILL BE MORE OVERWEIGHT PETS THAN HEALTHY WEIGHT PETS IN THE NEXT FIVE YEARS**

 **>** 

**+++ OVER +++**  
**5.5 MILLION PETS GET TREATS AS PART OF THEIR DAILY DIET INCLUDING:**

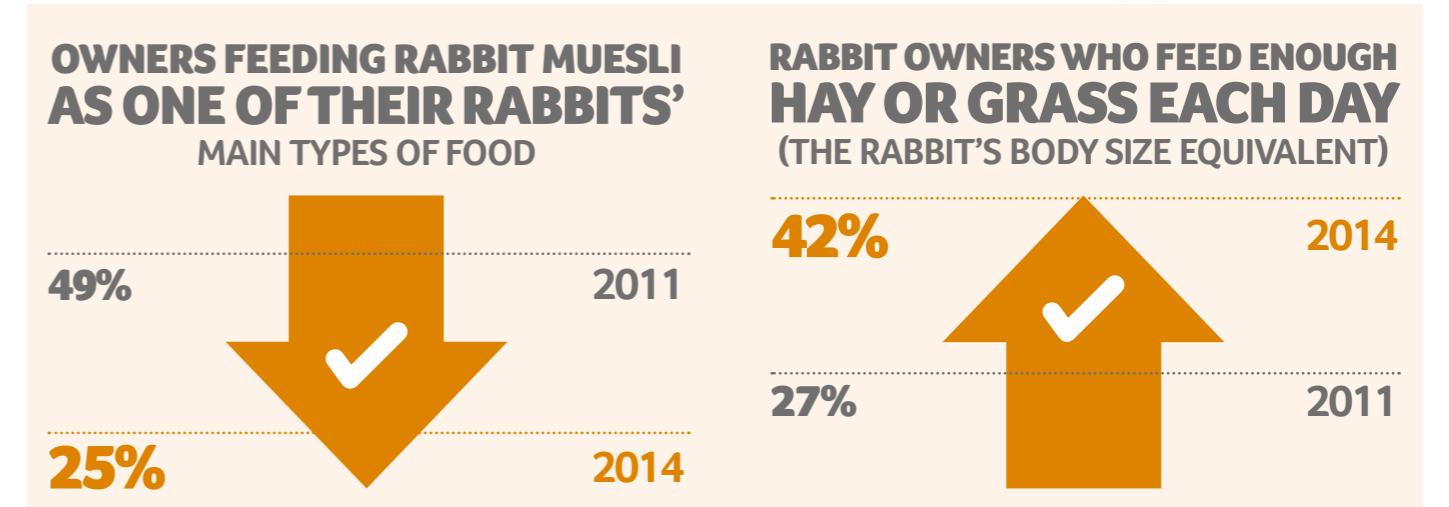


CRISPS      CAKE      LEFTOVERS OF HUMAN FOOD


CHEESE      CHIPS      TAKEAWAYS

It's not all bad news, though. Since 2011, we've seen huge improvements in rabbit diets. Many owners have stopped feeding their rabbits on muesli-type foods, which can lead to painful dental disease – and nearly 200,000 more rabbits now get the right amount of hay each day.

This is really positive, but there's still a lot to do. We can deal with the obesity crisis facing the UK's pets: it just takes time and effort from their owners.



 **300,000 FEWER RABBITS BEING FED MUESLI-TYPE FOODS**

 **200,000 MORE RABBITS BEING FED THE RIGHT AMOUNT OF HAY**



Learn more about the health of pets in the UK today by reading our *PAW Report*: [pdsa.org.uk/PAWreport](http://pdsa.org.uk/PAWreport)

# PDSA is the UK's leading veterinary charity

In our 51 Pet Hospitals UK-wide, we have more than **300 vets** and **600 nursing staff**, who carry out **2.7 million treatments** on more than **470,000 sick and injured pets** each year.

We care for pets whose owners are in real need, and can't afford vets' fees: we also help and advise owners on everyday care for their pets.

Treating our pet patients costs us more than £60 million a year, with every penny coming from donations.

For more information on the charity and its work:

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