



THE IMPORTANCE OF A BALANCED DIET FOR HORSES

By Farah Rezeika

A HEALTHY HORSE IS A HAPPY HORSE AND THE KEY TO THEIR WELL-BEING LIES IN A BALANCED DIET TAILORED TO THEIR SPECIFIC NEEDS. WHETHER YOU HAVE A SPRIGHTLY YOUNG FOAL, A HIGH-PERFORMING ATHLETE, OR A WISE OLD COMPANION, UNDERSTANDING THE DIETARY REQUIREMENTS OF HORSES AT DIFFERENT STAGES OF LIFE AND ACTIVITY LEVELS IS CRUCIAL.



FOALS AND YOUNG HORSES: Young horses are filled with bundles of energy and are conceived with rapidly growing bodies. Their diet should be rich in high-quality proteins, vitamins, and minerals to support growth and development. Fresh pasture, quality hay, and a specialised feed can ensure they get the nutrients they need to build strong bones and muscles.

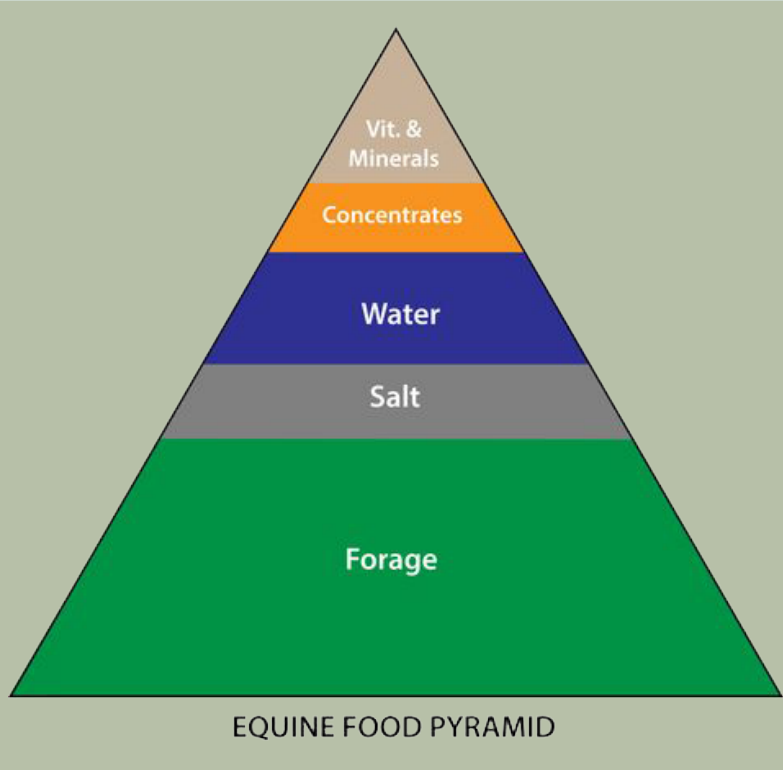
PERFORMANCE HORSES: Athletic horses, whether they're racehorses, jumpers, or dressage stars, require a diet that fuels their intense activity. This means a higher intake of carbohydrates and fats for energy, alongside sufficient proteins for muscle repair. Electrolyte balance is also vital to keep them hydrated and performing at their best.

ADULT LEISURE HORSES: Horses that lead a more relaxed lifestyle still need a balanced diet to maintain their health. A mix of good-quality forage, grains, and a vitamin-mineral supplement usually meets their nutritional needs. Keeping an eye on their weight and adjusting feed accordingly helps prevent obesity.

SENIOR HORSES: As horses age, their metabolism slows, and they may face dental issues or other health challenges. Senior horses benefit from a

diet that's easy to chew and digest, with added nutrients to support joint health and overall vitality. Specialised senior feeds are available to cater to these needs.

All horses need a balanced diet that includes the right proportions of carbohydrates, proteins, fats, vitamins, and minerals. By understanding and catering to the specific dietary needs of horses at different life stages and activity levels, owners can ensure their equine friends live long, healthy, and happy lives. 🐾

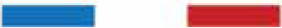


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