



Nutritional Consultation Recommendations

General recommendations:

- Minimum 1% BW forage, 1.5–2.0% preferred
- Match commercial feed to life stage and feed according to manufacturer's recommendations
 - Usually minimum of 0.3–0.6 lb/100 lb body weight feeding rate to meet protein/vitamin/mineral requirements with grass hay
 - Use ration balancer if not eating minimums
- Provide supplemental salt
- Monitor body condition regularly and adjust feed, forage and exercise accordingly

Weight Loss/Easy Keepers:

- Choose lower calorie feeds (WellSolve W/C®, Strategy® Healthy Edge®) or ration balancer (Enrich Plus®) to offer lower calorie but maintain proper nutrition level
- Gradually decrease to 1% BW forage—utilize grazing muzzles, small hole hay nets, dry lots and/or slow feeders
- MUST WEIGH FEED/HAY and control forage intake

Weight Gain/Hard Keeper/Heavy Exercise:

- Maximize calories from forage with higher quality forage (improved quality grass, legume mixes, pasture)
- Utilize higher calorie feeds, fed 3+ times/day
- Add fat supplements for added calories (Amplify® High-Fat Supplement); consider effect on nutrient balance of total ration



Growth:

- Feed pregnant mares the appropriate diet for gestation and lactation at recommended rates
- Provide suckling foals with access to nutritionally balanced growth feed at a rate of 1 pound per day per month of age (until weaned)
- Monitor body condition and make any changes to nutritional plane gradually to support steady growth rate/condition
- If a foal becomes overweight or has a current case of DOD, overall calorie intake may need to be reduced. Utilize a ration balancer (Enrich Plus®) to maintain nutrient balance and restrict hay/pasture to reduce calories, or feed complete feed (Equine Junior®) at 75% recommended feeding rates to control total ration

Lactation:

- Meet mares' elevated caloric needs through high quality hay/pasture and nutritionally-balanced feed
- Provide feeds higher in calories with quality protein and fat levels to support milk production and weight maintenance

Geriatric:

- Check dental health and ability to eat and digest forage
- Provide feeds easier to chew/digest
- Utilize Equine Senior® Complete Feed with forage built in if dentition is compromised
- Utilize Equine Senior® Active feed if horse can still chew/utilize forage but needs extra calories for weight maintenance or weight gain

Colitis/Chronic Colic:

- Evaluate hay quality and water intake
 - Find higher quality pasture or hay
 - Add loose salt or electrolyte daily to encourage water intake
 - Minimum of 1.5% BW in high quality forage daily
 - Avoid sudden changes in forage
 - Small, frequent meals of concentrates
 - Regular exercise and turnout as much as possible
- If chronic loose stool, gradually replace long-stemmed hay with a complete feed (Equine Senior®, Omolene #400®) to reduce bulk and mechanical load on large colon, plan to continue for 6 months or more

Gastric Ulcers:

- Maximize pasture access, reduce stress
- Add alfalfa at regular intervals (every 5–6 hours)
- Smaller, more frequent meals (3+ per day); lower sugar/starch, higher fat/fiber feeds may be helpful
- 24/7 access to chewing forage—slow hay feeders
- Research-backed gastric support supplement like Outlast® Gastric Support Supplement and feeds containing Outlast® ingredients

Polysaccharide Storage Myopathy (PSSM):

- Reduce soluble carbs in ration, add fat if additional calories are needed for weight maintenance and/or fuel for exercise
- Ensure adequate Vitamin E intake—minimum 1000 IU/day
- Regular exercise and turnout as much as possible

Hyperkalemic Periodic Paralysis (HYPP):

- Limit dietary K+ intake (≤ 33 g K per concentrate meal)
- Forages can range from 1–3% total K
- Soak hay for 30–60 min to \downarrow K
- Use complete feed if low K forage hard to find
- Utilize grain mix sweet feeds with less K, higher soluble carbs
- Avoid alfalfa, commercial electrolytes

Equine Metabolic Syndrome (EMS)/Insulin Resistant (IR):

- Score body condition—target is 5–6
- Regular exercise
- Limit soluble starches and sugars in the ration (WellSolve L/S®, Enrich Plus®, Strategy® Healthy Edge®, etc.)
 - Look for starch/sugar guarantee on tag
 - Test hay, soak 1 hour/rinse to \downarrow soluble carbs if needed
- Feed multiple small meals (max 2 lbs concentrate/meal)
- Limit grazing as necessary—muzzle, time, drylot

Pituitary Pars Intermedia Dysfunction (PPID)/Cushing's:

- Check for IR; if IR, feed as metabolic
- Quality protein for muscle maintenance
- Add fat supplements if need more calories
- Often affects senior horses so complete feed may be warranted (Equine Senior® if not severely IR)



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