

What laminitis means for feeding horses

Laminitis alters the way you approach **horse feed**. A laminitic horse requires a diet that helps with well-being, hoof recovery, digestive health, and stable **weight management** without adding avoidable dietary risk. The main feeding concerns are **sugar and starch**, because these can raise **non-structural carbohydrates** and make it tougher to maintain a **safe ration**.

For a lot of horses, nutrition is not just about giving energy. For a laminitic horse, it is about managing the type and amount of **energy that can be digested** so the diet stays **starch low** and **fiber-rich**. Such an approach helps maintain **metabolic health** and is most important where **insulin resistance** is a concern.

The most dependable **horse feeding rules** for laminitis usually begin with fiber, careful ration control, and careful monitoring to body condition. When the horse is overweight, every feed decision matters. If the horse is underweight, the challenge is to add calories without relying on sugary or starchy ingredients. This balance is why the best **horse feed** for laminitic horses is rarely the most "rich" product on the shelf.

Understanding the condition also means understanding triggers. Some horses are affected by pasture grass, others by sudden adjustments in diet, and others by a combination of care, metabolic issues, and feed composition. Regardless of the cause, the feeding strategy should be straightforward: sustain the horse with a **forage-centered diet**, control total intake, and pick products that fit the horse's current needs.

What to look for in a low sugar horse feed

A true **low sugar horse feed** should be selected by moving past marketing claims. The most practical method is to examine the **feed label** and the **analytical constituents**, not just front label wording. A feed that says "healthy" or "natural" is not automatically suitable for a laminitic horse.

The first thing to assess is the level of **non-structural carbohydrates**, which include sugar and starch. Lower levels are generally recommended for laminitic horses because they help lower the risk of spikes in dietary glucose and support steadier metabolic responses. That does not mean every horse needs the same level, but it does mean the ration should be chosen with caution.

Fibre should be a major feature of the diet. High-fibre horse feed can deliver bulk, promote normal gut function, and help maintain chewing time. This is useful for both digestive comfort and appetite management. Fibre also helps create a more satisfying ration when you are trying to keep calories under control.

It is also wise to check for **molasses**. Molasses is often added to improve palatability, but it increases sugar content. For a laminitic horse, a feed with little or no molasses is usually a safer option. If a product is described as "unmollassed", that can be helpful, but the full nutrient profile still matters.

Other ingredients matter too. A sensible low sugar feed may include chopped straw, grass nuts, beet-based fibre, oil, and a vitamin and mineral profile suited to restricted forage diets. What matters is how the feed fits into the whole ration, not just whether it looks "light" or "dust-free".

Types of horse feed that may suit laminitic horses

There are a number of several **types of horse feed** that may work for laminitic horses, but they are not one-size-fits-all. The best choice depends on body condition, workload, appetite, and whether the horse needs weight loss, maintenance, or recovery support.

A **complete horse feed** can in some cases work for a laminitic horse if it is carefully formulated to be low in sugar and starch, and if it fits the daily feeding rate carefully. However, many complete feeds are designed to supply a significant amount of energy, so label checking is essential. The term “complete” only means the feed can be fed as a full ration by itself; it does not automatically mean it is ideal for laminitis.

Unmollassed chaff is a common option because it adds chew time and structure without the sweetness of molasses-heavy mixes. It can help dilute a ration and improve fibre intake. Chaff is often used as a base for balancers or supplements when you want a simple, controlled meal.

Soaked beet pulp is another practical choice. Beet pulp is a fibre source that can support digestibility and palatability while staying lower in sugar than many cereal-based feeds. When soaked properly, it can be easy to eat and helpful for horses that need extra hydration in their feed. Just make sure it is prepared according to the manufacturer’s instructions and fits the horse’s overall calorie needs.

In some cases, a carefully built mix of forage, fibre feeds, and a balancer is better than relying on a single all-in-one product. That approach can improve control and make it easier to keep the ration safe.

How to read feed labels and assess products

Many **horse feed companies** describe their products in different ways, so label reading is essential. First by looking at the **analytical constituents** and, if available, the ingredients list in detail. Review sugar, starch, fibre, oil, protein, and declared vitamins and minerals. For laminitic horses, the key question is not just whether a feed is “low sugar”, but whether the combined **sugar and starch** content fits the horse’s needs.

When comparing products, make sure you are [overweight horse feed](#) comparing like with like. A pelleted feed, chopped fibre, and balancer may have very different feeding directions and nutrient densities. Some labels show values per kilogram, others per daily serving, so always convert them into the same measure before comparing.

Useful **horse feed advice uk** often recommends focusing on the whole ration rather than one product in isolation. A feed that looks acceptable on paper may still be unsuitable if the daily feeding amount is too large. Likewise, a feed with modest sugar and starch may still not work if the rest of the diet includes rich forage or high-calorie extras.

Also check whether the feed is designed for maintenance, light work, weight gain, or support feeding. A laminitic horse typically needs a conservative approach, and the safest products are often those built around fibre, low starch, and controlled calories. Feed labels are there to help you make those choices; use them carefully.

Setting amounts, condition score, and everyday routines

Even the best feed can become the wrong feed if the amount is off. A **horse feeding chart** can help you estimate starting amounts, but it should always be adjusted to the individual horse. The main factors are body size, body condition, appetite, activity level, and any metabolic diagnosis.

A **horse feed calculator uk** tool can be a practical starting point, especially if you need a rough estimate of calories or ration size. However, calculators should never replace observation. The horse’s **body condition score** is the real guide. If the horse is gaining weight too quickly, the ration may need to be reduced. If the horse is too lean, you may need more fibre or a better calorie source.

Forage intake is central. Many laminitic horses do best when most of their calories come from **forage**, especially carefully chosen **hay** or **soaked hay** where appropriate. Soaking hay can help reduce water-soluble carbohydrate

levels in some cases, although the exact benefit depends on the hay and soak method. The main goal is to make forage safer while preserving enough intake for gut health and comfort.

Regular routines matter too. Small, regular meals are usually easier on the digestive system than large one-off feeds. Keep feeding times as steady as possible, and review the ration after changes in turnout, weather, workload, or body condition. A stable routine supports both behaviour and metabolic control.

Well-liked low-sugar feed options and what they offer

Many **horse feed companies** provide products focused on controlled calorie intake and fibre-based feeding. Of the more familiar names, **spillers horse feed** includes feeds that are often considered by owners seeking **laminitic horses** support. The main point is not the brand name alone, but whether the specific product meets the horse's needs.

Some ranges are built around **fibre feed** principles, combining chopped fibre, beet-based ingredients, and added vitamins and minerals. These products can suit horses that need a palatable but careful ration. For laminitic horses, palatability matters because a horse that refuses feed is difficult to manage, but palatable should not mean sugary.

When comparing popular ranges, compare the product's stated starch and sugar levels, its intended use, and the recommended daily amount. A feed that appears "safe" may still contribute too many calories if the horse eats more than intended. Here the rest of the ration becomes important, especially forage and any additional supplements.

Many owners prefer to build a ration from a simple fibre base, then add a balancer, rather than using a richer compound feed. Others need a more complete mix because the horse is fussy or is in a management situation that demands convenience. Both approaches can work if the overall diet remains low sugar, balanced, and controlled.

How much does horse feed cost and what affects price

Horse feed cost differs greatly depending on ingredient quality, product format, and the amount needed daily. A cheaper bag is not always the smartest choice if the daily feeding rate is high or if the feed does not suit the horse. The real question is cost effectiveness over time.

Bag size matters when comparing options. A larger bag may look expensive at checkout but offer a better per-kilogram price. However, if the horse only needs a small daily amount, a huge bag may sit open for too long or lose freshness. The right bag size depends on storage, usage rate, and how quickly you will get through it.

Feed rate is just as relevant as bag price. A dense balancer may cost more per kilogram but less per day if you only feed a small amount. A mash feed or chopped feed may look less expensive yet require more volume, so the daily cost may be higher than expected.

When assessing **value for money**, factor in whether the product takes the place of other items in the ration. A smart low sugar feed might reduce the need for multiple add-ons. It may also improve consistency, which is valuable when feeding a horse with laminitis risk. Cost should always be assessed alongside safety, convenience, and ration quality.

Common dietary pitfalls to avoid with laminitic horses

Numerous laminitis setbacks are linked to management errors rather than one single feed choice. One common mistake is ignoring **horse feeding rules** and assuming a small amount of rich feed is harmless. Even modest **overfeeding** can be an issue if the horse is already overweight or metabolically sensitive.

Another mistake is offering too many **treats**. Sugary treats, bread, and high-starch snacks can add up quickly. If you want to reward a laminitic horse, choose low-sugar options and keep them occasional. It is easy for small extras to undermine an otherwise careful ration.

Grazing also needs attention. For some laminitic horses, unrestricted grass is not appropriate, especially when grass is lush or the horse is prone to weight gain. Grazing management may need to be limited, timed, or controlled as part of the overall feeding plan. Always consider the whole day, not just the bucket feed.

A further error is changing the ration too quickly. Horses with laminitis risk often do better with stable routines and gradual transitions. Sudden increases in feed volume, forage type, or feed brand can upset the digestive system and make it harder to track what is helping or harming the horse.

Simple horse feeding rules for a more secure ration

These **10 rules of feeding horses** are especially useful when managing laminitis risk:

- **Forage first** – structure the ration around good-quality forage and careful intake control.
- Keep the diet **balanced** with the right vitamins, minerals, and protein for the horse's needs.
- Choose low sugar, **low starch** feeds where possible.
- Watch the **body condition score** regularly.
- Introduce any new feed with **slow changes**.
- Avoid unnecessary extras that add calories or sugar.
- Use feeds that support a **safe ration** rather than simply increasing bulk.
- Make sure forage is suitable and monitor total **forage intake**.
- Feed consistently each day to support routine and digestion.
- Review the ration when workload, season, or health status changes.

These rules do not replace veterinary or nutrition advice, but they provide a practical framework. The goal is a diet that supports healing, encourages normal digestion, and keeps the horse comfortable.

Horse feed mix recipe ideas for reduced sugar diets

A basic **horse feed mix recipe** can help with building a ration. The aim is not to invent a complicated blend, but to create a practical meal that supports a laminitic horse without excess sugar or starch. One common structure is a base of **unmollassed chaff**, a fibre source such as **beet pulp**, and a suitable **balancer** to cover vitamins, minerals, and amino acids.

Linseed can also be used in some rations, usually in carefully measured amounts, to add oil and support condition without relying on starch. Because linseed is calorie-dense, it is especially useful when you need a bit more energy but still want to keep the ration fibre-led and controlled.

A very simple fibre-first mix might include soaked beet pulp, chopped fibre, and a balancer. For some horses, a small amount of additional oil or linseed can help boost condition and palatability. The exact mix should always reflect the horse's body condition score, work level, and overall diet.

Remember that a homemade ration still needs structure. A handful of ingredients is not automatically safer unless the full ration is balanced. If in doubt, build from forage, then add one measured feed element at a time.

Beginner horse feed guide: a practical starter guide

If you are new to **horse feed for beginners**, start with the simplest possible plan. For a laminitic horse, that usually means forage-led feeding, a measured ration, and no unnecessary extras. The first task is to understand what the horse needs now, not what another horse seems to be eating.

Think in terms of a daily **ration**, not random meals. Decide what goes into the **feed bowl**, how much forage the horse gets, whether a balancer is needed, and how the routine will stay consistent. A clear **daily routine** makes it easier to notice changes in appetite, weight, or behaviour.

Begin with a diet that is easy to measure and easy to duplicate. If the horse is already on restricted grazing or a managed forage plan, keep the bucket feed simple. When you include a new product, make sure it matches the ration as a whole and not just the horse's likes.

New owners often feel unsure about choosing the "perfect" feed. In reality, the best first step is a safe, measured one: check the label, prioritise fibre, manage portions, and avoid hidden sugar sources. That approach is more useful than pursuing a trend.

Frequently asked questions about laminitic horse feeding

What is the best horse feed for a laminitic horse?

The best **horse feed** for a laminitic horse is usually one that is **low sugar horse feed**, low in starch, high in fibre, and used as part of a controlled forage-led ration. The best option depends on body condition, weight management needs, and whether the horse needs maintenance support or calorie restriction. For many horses, a fibre base plus a balancer works well.

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Should laminitic horses eat complete horse feed?

A **complete horse feed** can sometimes be suitable if its **sugar and starch** levels are low and the daily amount is carefully controlled. However, some complete feeds are too rich for laminitic horses, especially if the horse is overweight or sensitive to **non-structural carbohydrates**. Always check the label and compare it with the rest of the ration.

How much horse feed should I give a laminitic horse each day?

The right amount depends on the horse's size, **body condition score**, forage intake, and whether the horse is losing, maintaining, or gaining weight. A **horse feeding chart** can help with a starting point, but it should not replace individual assessment. Many laminitic horses do best with smaller measured meals and a strong focus on forage and calorie control.

Is a horse feed calculator UK tool useful for laminitic horses?

A **horse feed calculator uk** tool can be useful as a guide for estimating **body weight**, **condition score**, and basic feeding amounts. It is a helpful starting point, but it cannot replace observation or professional advice. For laminitic horses, the calculator should be used alongside real-world monitoring of weight, appetite, and comfort.

Which ingredients should I steer clear of in horse feed for laminitis?

If your horse has laminitis, avoid feeds that contain lots of **molasses**, cereal-rich ingredients, and anything that makes the ration too high in **sugar and starch**. <http://gorakhpurreporter.in//story/141048/with-half-of-britains-horses-overweight-bifid-launches-grainfree-lowsugar-feed-for-the-nations-gooddoers.html> Watch out for rich mixes, sweet treats, and feeds that are not clearly labelled. The safest choices are usually fiber-based, low starch, and built around careful **forage** management with sensible support from a **balancer** or other low-risk supplement.