

The best **horse feed** for **laminitic horses** is usually a **low sugar feed** that is also a **low starch feed**, high in fibre, and appropriate for the horse's **body condition score**. In practice, that often means a **forage first** approach built around well-made **hay**, closely monitored grazing, and a **balanced diet** that keeps **digestible energy** under control without sacrificing **gut health** or **hoof support**.

If you want the shortest possible answer: choose feeds that are low in **non-structural carbohydrates**, often listed as **NSC**, avoid products with high **sugar content** or **starch content**, and base the ration on fibre rather than cereals. For many laminitis-prone horses, that means a **fibre-based ration** with **soaked hay**, a suitable balancer, and careful **weight management**.

What is laminitis and why does feed matter?

Laminitis is an important issue affecting the sensitive tissues inside the hoof. It can lead to pain, difficulty moving, and long-term damage if not handled correctly. Feed matters because diet has a direct influence on blood sugar regulation, insulin response, and the amount of **digestible energy** a horse consumes each day.

For many horses, especially those likely to weight gain or metabolic issues, the greatest nutritional risk comes from excess **sugar and starch**. Diets containing a lot of these can increase the chance of a laminitic episode. That is why the focus should be on maintaining **non-structural carbohydrates** low and choosing feed that promotes stable energy levels rather than rapid spikes.

Good feeding is not just about reducing risk. It also covers the wider needs of the horse, including **hoof health**, the digestive system, and appropriate condition. A horse that is underfed in fibre or poorly balanced can suffer from other issues, so the aim is not simply "less feed", but the right feed in the right amount.

What is best for a laminitic horse eat?

A laminitic horse should usually eat a diet built around **low sugar feed** options, plenty of **forage**, and tightly controlled grazing. It should be based on a **high fibre diet**, because fibre provides slower-release energy and helps support **gut health**.

You will usually want to start with:

- Carefully controlled **forage**, mainly **hay** or **soaked hay**
- Precisely measured low-NSC compound feed or balancer if needed
- Controlled **grazing management**, especially when **grass sugar** is high
- Fresh water, salt, and any supplements suggested for the horse's condition

Forage first is the key principle. Most laminitic horses do best when forage makes up the bulk of the diet, because it helps maintain chewing time, supports digestive function, and provides steady energy without the risks of cereal-heavy feeding. If the horse needs to lose weight, forage may still be the main feed, but total intake often needs to be measured carefully.

Grazing must be managed with particular care. **Grass sugar** can rise in certain conditions, and that can increase the risk for susceptible horses. Restrict access when necessary, use a grazing muzzle if advised, and monitor the horse's **body condition score** regularly.

Best horse feed varieties for laminitic horses

There are various **types of horse feed** that may fit a laminitis-prone horse, but the most suitable options tend to be those with a low **starch content** and modest **sugar content**. The aim is to support a consistent, **balanced diet** rather than simply providing extra calories.

Useful feed types often include:

- Low-NSC fibre mixes
- Molasses-free chop
- Ration balancers
- Processed feeds designed for laminitis-prone horses
- Moistened fibre products with low starch and sugar

Unmolassed chop can be useful as part of a fibre-based ration, especially when you need to slow eating and improve **palatability** without adding molasses. However, it should still be checked carefully on the **feed label**, because not every chop product is automatically suitable.

What matters most is not the marketing name, but the actual nutritional profile. A feed that looks “safe” may still be unsuitable if the **starch content** or total **NSC** is too high. A simple rule is to prioritise feeds designed for weight control, laminitis management, or low-calorie maintenance, then check the label details.

Are complete horse feeds suitable for laminitic horses?

Complete horse feed can be suitable for some laminitic horses, but only if it offers the right **nutritional balance** and has low enough **starch levels**. The word “complete” means the feed is intended to provide a broad range of nutrients, but it does not automatically mean it is safe for every laminitic horse.

Always check the **feed label** for sugar, starch, and recommended daily amounts. Some complete feeds are designed for sports horses or horses needing more condition, so they may contain more **digestible energy** than a laminitis-prone horse should have. Others are specifically made as low-calorie, low-NSC products and can work well as part of a controlled ration.

If a complete feed is used, it should still be fed in careful amounts and ideally alongside forage, not instead of it. For horses that fatten easily or need close **weight management**, a **ration balancer** plus forage may be a smarter option than a full complete feed.

When are fiber-based feeds a better choice?

A **fibre feed** is often the best choice when the horse has a history of laminitis, needs fewer calories, or is prone to insulin-related issues. Fibre-based products typically help maintain a steadier release of energy and are easier to fit into a **high fibre diet**.

Beet pulp is a popular ingredient in fibre-based feeds. It can be a helpful source of fermentable fibre and may be suitable when prepared correctly. Many fibre feeds are also available as **soaked feeds**, which can improve softness, reduce eating speed, and help horses that need more hydration in their feed.

For some horses, soaked fibre products are especially helpful because they allow you to add volume without adding much starch. That can support satiety, help with **daily intake** control, and make a diet more practical for horses that need reduced grazing or less concentrate feed.

Feeding rules for horses when managing laminitis

Strong **horse feeding rules** are important when dealing with laminitis. The most practical guide is often the traditional **10 rules of feeding horses**, adapted for laminitis risk: maintain the diet centered on forage, avoid sudden changes, feed small amounts regularly if concentrates are needed, and monitor body weight closely.

A helpful **feeding routine** should include:

- Measuring forage and any concentrates consistently
- Ensuring meal sizes small
- Leaving no long gaps without fibre
- Applying any feed change gradually
- Reviewing **portion control** every few weeks

Consistency matters. Horses thrive on predictable feeding, and this is especially true for laminitic horses. Sudden changes in forage, turnout, or concentrate intake can affect the digestive system and overall metabolic stability. A regular routine helps promote **gut health** and supports better weight control.

Another important rule is to treat grass as feed. If a horse is turned out, **grazing management** becomes part of the feeding plan. The horse may need restricted grazing, shorter turnout periods, or access only when **grass sugar** is lower.

How to use a horse feeding chart and calculator

A **overweight horse feed** **horse feeding chart** and a **horse feed calculator uk** can aid you estimate the appropriate ration, but they should always be used alongside careful observation and professional advice. They are valuable tools for converting basic guesses into a more structured plan.

To use them properly, you need two important pieces of information: **bodyweight** and **body condition score**. Bodyweight helps you estimate forage and feed quantities, while body condition score shows whether the horse is underweight, ideal, or carrying too much fat. For laminitic horses, this is crucial because excess condition can increase risk.

A calculator may suggest a daily intake based on weight and workload, but laminitis management often requires modification below a standard maintenance plan. That is why you should think in terms of target condition rather than simply filling a bucket to a recommended amount. The chart or calculator gives a baseline; the horse's response tells you whether the ration is working.

If you are unsure, measure the hay, measure the bucket feed, and review the horse's shape and behaviour over time. Changes in weight, foot comfort, and **energy levels** all tell you whether the plan is suitable.

Should you choose a named feed such as Spillers horse feed?

Spillers horse feed is just one of many named products on the market, and branded feeds can be helpful because reputable **horse feed companies** often provide clear nutritional information, feeding guides, and specialist products. However, brand name alone is not enough to decide suitability for a laminitic horse.

What matters most is to read **feed labels** carefully. Review the levels of sugar, starch, fibre, and recommended feeding rate. A branded product may be suitable if it is designed for laminitis-prone horses or for low-calorie maintenance, but a different product from the same company may be intended for horses needing more condition or performance support.

When considering a branded feed, ask:

- Is it genuinely low in NSC?
- Can it meet the horse's **weight management** needs?
- Is it able to be fed in small enough amounts to avoid excess **digestible energy**?
- Can it help maintain a **balanced diet** alongside forage?

Well-known brands can be a helpful place to start, but the label matters more than the logo. The best decision is based on the horse's health needs, not marketing.

How much does horse feed cost?

Horse feed cost can vary greatly depending on the product type, ingredient quality, and how much the horse needs each day. A bag from one of the main **horse feed companies** may appear pricey at first glance, but the key issue is the **daily ration cost**, not just the shelf price.

To estimate value, take into account:

- **Bag size** and how far it goes
- Recommended feeding rate per day
- Whether the horse needs a full feed or only a feed balancer
- The cost of extras such as additional products or fiber-based soaked feeds

A product with a reduced **bag size** may appear less expensive, but if the horse requires a large amount each day, it can end up costing more over time. By contrast, a dense balancer or low-quantity feed may have a greater price per bag but a smaller daily ration cost.

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For foot-sore horses, the most cost-effective plan is often the one that minimises waste, limits unnecessary extras, and matches the horse's actual needs. Smart **horse feed cost** planning should include forage, not just bags of compound feed.

Horse feed guidance UK: when to seek help

Reliable **horse feed advice uk** is important if you are handling laminitis, particularly when the horse has recurring episodes, finds it hard with weight, or has other health conditions. A **veterinarian** should be brought in if laminitis is believed or if the horse is at present [calorie controlled horse feed](#) painful. Quick diagnosis and treatment make a difference.

An **equine nutritionist** can create a diet that fits the horse's needs, especially if you are balancing low sugar, roughage, and weight management. This is especially helpful when the horse is tricky to maintain, when forage testing is available, or when you need a more precise feeding plan.

Specialized support is just as important for sustained **laminitis management**. A feeding plan that works for one horse may be inappropriate for another, even if they both have laminitis history. Type, age, workload, turnout, weight, and foot condition all shape the ideal approach.

Typical pitfalls to watch out for

A number of common feeding mistakes can make laminitis worse. One major one is choosing feeds with hidden **molasses**. Molasses-based products are often tastier, but they can raise the **sugar content** and make the feed less suitable for a sensitive horse.

Another mistake is relying on **grain** as a quick energy source. Grain-based feeds often carry higher starch levels, which may increase the risk of a laminitic reaction. Small amounts can be unsuitable if the overall diet is already rich in **sugar and starch**.

More **laminitis triggers** related to feeding include:

- Overfeeding concentrate rations
- Overlooking forage quality
- Making sudden diet changes
- Letting uncontrolled grazing when **grass sugar** is high
- Not checking the **body condition score** regularly

Keep in mind that a feed advertised as “natural” or “conditioning” is not automatically suitable. Review the **feed label**, ask about NSC, and keep the focus on the horse’s actual nutritional needs.

Laminitis-safe feeding FAQ

What horse feed is best for laminitic horses?

The best **horse feed** for laminitic horses is usually a low **NSC, low starch feed** that supports a **high fibre diet**. In many cases, the safest plan is forage-led, with **hay** or **soaked hay** as the foundation and a balancer or fibre-based feed added only if needed.

Is complete horse feed suitable for laminitic horses?

Certainly, some **complete horse feed** products can be suitable if they have low **starch levels** and fit the horse’s **nutritional balance** needs. Always check the **feed label** and compare the sugar and starch figures before deciding.

How much should I feed a laminitic horse?

It depends on **bodyweight, body condition score**, and whether the horse needs weight loss, maintenance, or gentle conditioning. A **horse feeding chart** or **horse feed calculator uk** can help you start, but the ration should be adjusted to keep intake controlled and suitable for laminitis risk.

Are labelled feeds like Spillers horse feed appropriate for laminitic horses?

Spillers horse feed and other branded feeds can be a good fit if the specific product is low in sugar and starch and meets the horse’s needs. Do not judge by brand alone. Compare the product against other **horse feed companies** using the label information and feeding guide.

What should I avoid feeding a horse with laminitis?

Avoid feeds high in **molasses**, high-starch **grain** mixes, and anything with a high **sugar content** or unsuitable **sugar and starch** profile. Also be wary with unrestricted grazing, because **grass sugar** can play a role in **laminitis triggers**. If you are unsure, ask a **veterinarian** or **equine nutritionist** for help.

What should i feed my horse quiz

If you are using a “ **what should i feed my horse quiz**” style approach, the most suitable answers for a laminitic horse usually point towards forage first, low sugar, low starch, and careful portion control. The quiz can assist narrow choices, but it should not replace proper assessment of the horse’s condition and needs.

Horse feed for beginners

If you are looking for **horse feed for beginners**, the easiest safe approach is to start with the basics: good forage, clean water, salt, and a feed that matches the horse’s body condition and workload. For a laminitic horse, keep the ration simple and avoid overcomplicating it with unnecessary concentrates.

Horse feed mix recipe

A simple **horse feed mix recipe** for a laminitis-prone horse might include soaked fibre, unmolassed chop, and a suitable balancer, but the exact mix should be based on the horse’s forage, **body condition score**, and professional advice. Never make up a mix with grain or molasses-heavy ingredients.

If you want the safest route, think: **forage first**, low **starch content**, low **sugar content**, careful **grazing management**, and regular review of the horse’s weight and comfort. That is the foundation of effective laminitis feeding.