

Bifid UK

+44 800 422 0888

sales@bifid.co.uk

<https://bifid.com/uk/>

What Creates a Good Horse Feed for Lactating Mares?

The best **horse feed** for **lactating mares** is a diet that promotes **milk production** without weakening the mare's own health, **body condition score**, or **gut health**. During **lactation**, <http://www.downsouthnews.com/news/story/603272/with-half-of-britains-horses-overweight-bifid-launches-grainfree-lowsugar-feed-for-the-nations-gooddoers.html> a mare's demand for **energy**, **protein**, **minerals**, and **vitamins** increases significantly because she is nourishing both herself and her foal. Smart **nutrition** at this stage isn't simply about simply feeding more; it is about feeding smarter.

A workable ration for lactating mares should be **nutrient-dense**, palatable, and built around a strong **forage-based diet**. Quality **hay** or **pasture** should make up the foundation of the ration, with carefully chosen **concentrates** added where needed to cover extra requirements. The aim is to supply enough **digestible energy** and **crude protein** to maintain **weight maintenance** and support **foal growth**, while keeping starch and sugar at sensible levels.

For many mares, the main nutrients are not just calories. The ration must also include enough **essential amino acids**, especially lysine, plus the correct balance of **calcium** and **phosphorus**. These nutrients support bone development in the foal and help maintain the mare's tissues and milk output. A well-designed feeding plan also supplies key **micronutrients** such as trace **minerals** and **vitamins** that may be lacking in forage alone.

In practical terms, a good feed for a lactating mare should meet three goals:

- Help maintain the mare's condition and avoid excessive weight loss.
- Provide for steady milk production for healthy foal growth.
- Deliver a balanced nutrient profile without overloading starch or sugar.

If the mare's diet is built only from poor-quality forage, she may struggle to maintain her condition. If it relies too heavily on energy-rich feeds without balancing protein and minerals, the foal may still not get what it needs. For this reason ration quality matters more than quantity alone.

Which Types of Horse Feed Perform Best?

There are several **types of horse feed** that can be effective for lactating mares, but the best choice depends on the quality of forage, body condition, workload, and milk output. In the majority of cases, the core of the ration should still be forage, with additional feeds chosen to address nutrient shortfalls rather than replace roughage.

Forage is the best place to start. Good **hay** or abundant **pasture** provides fibre, supports chewing, and helps keep the digestive system working correctly. A **high-fibre** forage supply helps support **gut health** and reduces the risk of digestive disturbance. If pasture is rich and plentiful, some mares may meet much of their energy requirement from grazing alone, but many will still need supplementation.

Concentrates are useful when forage alone cannot provide enough **energy** or **protein**. These may include oats, bran, chopped fibre feeds, beet pulp, or commercial mare and foal rations. The best concentrates for lactating

mares are usually those that are fibre-based rather than heavily **starch**-loaded, because high starch intake can upset digestion and increase the risk of inconsistency in feed intake.

A **complete horse feed** can be a practical option because it is designed to deliver a more balanced nutrient profile in one product. Many complete feeds are formulated with appropriate **protein, minerals, and vitamins**, which can simplify ration planning. However, not every complete feed is suitable for every mare, so the label must be checked carefully.

The most useful feeding options for lactating mares often include:

- **Forage** as the foundation: hay, haylage, or good grazing.
- Fibre-based **concentrates** to add calories safely.
- A **complete horse feed** when convenience and balanced nutrition are priorities.
- Top-up balancers or supplements where forage analysis shows gaps.

When comparing feed options, look for a product that supports **milk production** while keeping the ration digestible and palatable. A mare that eats well is more likely to maintain intake, which matters during the demanding period of lactation.

How Many Should a Lactating Mare Be Fed?

The amount that a lactating mare should be fed depends on her size, stage of lactation, **body condition score**, forage quality, and how much milk she is producing. Her needs rise after foaling, especially in the first several weeks when milk output is highest. This is where a **horse feeding chart** can be useful, but it should be used as a starting point rather than a rigid rule.

A workable feeding plan starts by checking the mare's current body condition and then tweaking the ration to maintain a healthy score. If she begins to lose topline, ribs become more visible, or her coat loses condition, intake needs to be increased. If she becomes overly heavy, the ration may need to be trimmed while still protecting milk production.

A **horse feed calculator uk** can be handy for working out a starting ration, especially when you know the mare's body weight and the approximate quality of her forage. These tools can assist estimate daily nutrient needs, but they are only as accurate as the information entered. They should always be paired with regular **condition monitoring**.

A simple approach is to break down three steps:

1. Assess the mare's **body condition score** and current feed intake.
2. Estimate forage quality and quantity, including **hay** and **pasture**.
3. Add enough **concentrates** or **complete horse feed** to meet energy, protein, and mineral needs.

Because lactation boosts nutrient demand, many mares profit from a ration that is more nutrient-dense than a maintenance diet. That does not always mean much more feed by volume; it often means better quality feed with more usable **digestible energy** and a stronger balance of nutrients. A mare should never be pushed into a high-intake, low-quality ration simply to increase volume.

Where possible, build the diet around forage first, then fine-tune with concentrates. If the mare is keeping condition and producing adequate milk, the current ration may already be close to ideal. If she is losing weight, the ration needs to be adjusted promptly to protect both mare and foal.

What Horse Feeding Guidelines Should You Follow?

Sound **horse feeding guidelines** are especially important for lactating mares because mistakes can affect both **milk yield** and the mare's own restoration. The widely known **10 rules of feeding horses** all apply here, but some are particularly important during lactation: give feed in small amounts more often, keep forage available, make changes gradually, and always provide clean water.

Several essential feeding rules for lactating mares are:

- Base the ration on good-quality **hay** first.
- Offer any new feed slowly over several days.
- Ensure **water intake** high and water access constant.
- Avoid sudden increases in **starch** or sugary feeds.
- Support the ration with the right **minerals** and **protein content**.
- Check body condition weekly rather than guessing.
- Split concentrates into several small meals if needed.
- Stick to feeding times regular to reduce stress and digestive upset.

Water is critical. A lactating mare needs much more water than a non-lactating horse because milk is mostly water. If **water consumption** drops, feed intake may also fall, and that can quickly affect condition and production. Fresh, clean water should be available at all times, and buckets or troughs should be checked frequently.

Another key rule is to protect the digestive system. The mare's ration should support steady fermentation in the hindgut and avoid abrupt changes that can trigger **digestive disturbance**. A forage-led, **fibre-rich** approach is usually the safest starting point. If concentrates are needed, they should be introduced gradually and matched to the mare's level of work and lactation demand.

In short, the best feeding rules are simple: keep the diet unchanged, balanced in nutrients, and focused on forage, with enough energy and protein to sustain the mare through lactation.

Should Do You Opt for a Complete Horse Feed Versus a Blend?

Choosing between a **complete horse feed** and a self-made **horse feed mix recipe** depends on your confidence with diet balancing, the condition of existing forage, and how precise you need the diet to be. Either can work, but the final diet must still make up a **balanced ration** that supplies the mare's full nutrient needs.

A **complete horse feed** is often the easiest option. It is designed to supply a broad spread of nutrients in one product, which can be useful when you want reliability and convenience. Many complete feeds are also formulated to assist lactation better than generic maintenance feeds. They may contain added **minerals**, **vitamins**, and a more controlled level of **starch**, making them simpler to use safely.

A self-made **horse feed mix recipe** can also be effective if you understand the nutrient content of each ingredient and can balance the ration carefully. For example, a mix might include a fibre-based base, a digestible energy source, and a mineral supplement. This approach can provide flexibility and sometimes improve feed acceptance, but it requires thoughtful planning to avoid nutrient gaps or imbalances.

The main risk with a mix is underestimating how difficult it is to balance **calcium**, **phosphorus**, **protein**, and trace nutrients correctly. A ration that looks sensible on paper can still fall short if the forage quality is poor or if

ingredients are not measured accurately. If you use a mix, the feed plan should be based on a clear nutrition target rather than on habit or guesswork.

For many owners, the choice comes down to this:

- **Complete horse feed:** better for convenience, consistency, and simpler balancing.
- **Horse feed mix recipe:** better for customisation, but only if the ration is carefully designed.

Whichever route you choose, the result must be a **balanced ration** that promotes milk production, preserves condition, and fits the mare's appetite. If a mare is picky or needs extra calories, a complete feed may be easier to manage. If forage is excellent and only small adjustments are needed, a mix can be a useful alternative.

How Should Feed Brands and Companies Compare?

There are numerous **horse feed companies** offering mare and foal products, and they can vary in formulation, ingredient quality, and feeding instructions. Comparing brands is not so much about the logo and instead about the detail on the bag. Good **feed labels** are important because they tell you whether a feed is truly suitable for lactating mares.

When comparing brands, look closely at the declared **protein** level, energy content, fibre content, mineral specification, and feeding rate. A feed with the right headline numbers is not necessarily the best option if the ration requires large amounts to meet needs. The label should also clarify whether the feed is designed as a complete ration, a balancer, or a concentrate.

Spillers horse feed is one of the best-known names in the market, and like other established brands it offers a range of formulations that may suit different stages of reproduction. The useful part is not the brand name alone but whether the specific product suits the mare's forage intake, body condition, and lactation demands.

Comparing products means posing practical questions:

- Does the feed provide enough usable **energy** without excessive **starch**?
- Is the **protein** level suitable for milk production and recovery?
- Does it supply enough **calcium, phosphorus**, and other **minerals**?
- Are the **feed labels** specific about feeding rates and intended use?
- Does the product fit with the mare's forage-based diet?

Where possible, compare feed cost alongside nutrient density rather than price per bag alone. A more concentrated feed may look expensive, but if it delivers the required nutrients in smaller amounts, it may offer better value. Good feed selection is a balance of formulation, palatability, and practicality.

How Many Does Horse Feed Cost for a Milk-producing Mare?

Horse feed cost is an key part of mare management because lactation can raise daily ration requirements for many months. If you are asking **how much does horse feed cost**, the answer depends on the sort of feed, the mare's frame, the quality of forage, and how much supplementation is needed. A mare maintained mostly on good **hay** or **pasture** may cost less to feed than one needing significant **concentrates**.

Your **budget** should account for more than just the main bagged feed. It should also include forage, balancer or supplement costs, and any extra **minerals** needed to complete the ration. If a feed is dense in nutrients, it may deliver better **feed value** even if the per-bag price is higher. The right question is not simply what is cheapest, but what keeps the mare in good condition at a reasonable total cost.

Cost also changes with feed style. A straightforward **complete horse feed** may reduce the need for multiple extras, while a homemade ration might seem cheaper but require more planning and more separate ingredients. A carefully chosen feed can reduce waste and simplify daily management, which also adds value.

To estimate value, review:

- Day-to-day feeding rate, not just bag price.
- Nutrient content per kilogram, especially **protein** and **energy**.
- Whether extra supplements are required to complete the ration.
- How much forage can be used to meet the mare's needs.

In practice, the best economical ration is often one that focuses on quality forage first, then uses a well-formulated feed only where needed. This helps control cost while still supporting milk output and condition.

What Errors Are Best Avoided When Feeding a Lactating Mare?

Applying sensible **horse feed advice uk** can help you prevent the common mistakes that lead to poor body condition, low milk output, or digestive problems. The most common errors are **overfeeding**, **underfeeding**, and neglecting to balance the ration properly. Lactation is not the time to make assumptions.

Underfeeding is a serious issue because it can cause the mare to lose condition quickly. If the ration does not provide enough **energy**, **protein**, or key **minerals**, the mare may deplete her own reserves, leaving her less strong and less able to support milk production. This can also lower feed interest and make the ration harder to correct later.

Overfeeding can be just as troublesome if [overweight horse feed](#) it means too much starch, too many calories, or excessive concentrate feeding. A sudden heavy ration can make more likely **digestive upset**, especially if forage is limited. The goal is to meet requirements, not to push intake beyond what the digestive system can manage comfortably.

Another mistake is neglecting the forage supply. A forage-first ration is safer and more sustainable than trying to meet all needs through concentrates. If the forage is poor, the rest of the ration becomes much harder to balance. Likewise, if pasture quality changes through the season, the mare's feed plan should be adjusted too.

Other mistakes to avoid include:

- Making abrupt feed changes without a transition period.
- Ignoring the **calcium-phosphorus ratio**.
- Thinking all feeds with "mare" on the label are suitable.
- Neglecting to track the mare's **body condition score**.
- Ignoring water supply and **water intake**.

The best approach is to treat lactation as a dynamic feeding stage. Condition, appetite, and milk production should be reviewed regularly, and the ration adjusted when needed. That is the essence of practical feeding advice: monitor, check, and adapt.

FAQ: Lactating Mare Horse Feed Answers

What's the right horse feed for a lactating mare?

The ideal **horse feed** for a lactating mare is usually a forage-based ration with decent **hay** or **pasture**, plus a nutrient-dense supplement or **complete horse feed** if needed. The ration should maintain **milk production**, deliver enough **protein** and **energy**, and include the right **minerals**, especially **calcium** and **phosphorus**.

Can a lactating mare have a complete horse feed or separate ingredients?

Both approaches can work. A **complete horse feed** is often more convenient because it helps create a **balanced ration**. Separate ingredients can also work if you have a solid **horse feed mix recipe** and can balance the diet carefully. The best choice depends on forage quality, your routine, and how confident you are with ration planning.

How much horse feed does a lactating mare need each day?

Daily intake depends on the mare's weight, **body condition score**, forage quality, and stage of **lactation**. A **horse feeding chart** can give a rough guide, and a **horse feed calculator uk** can help calculate needs, but the ration should always be adjusted by watching condition, appetite, and milk output.

Can I use a horse feed calculator to plan a mare's ration?

Yes, a **horse feed calculator uk** can be very useful for planning a lactating mare's ration. It helps calculate **energy**, **protein**, and forage requirements. Just remember that it is a starting point, not a full nutrition plan. You still need to check the mare's condition and make sure the final diet delivers the right **minerals** and **feed intake** level.

What should I avoid feeding a lactating mare?

Avoid sudden ration changes, excessive **starch**, poor-quality forage, and unbalanced mixes that miss key nutrients. Do not allow **underfeeding**, and avoid **overfeeding** concentrates in a way that causes **digestive upset**. Good **horse feeding rules** focus on steady forage intake, clean water, and careful condition monitoring.