

Rules Of Feeding

Provide Water Whenever Possible

Water is the most important nutrient in a horse's diet. This **controls every cell** in their body. On **average** a horse should drink around **25l** of water each day, however in the **hot weather** or after **exercise** it is likely that they will drink a lot **more** than that.



Feed Little And Often

A horse's stomach is very small and only approximately the size of a **rugby ball**. This means that if the amount of feed you are giving them is **too much**, the food gets pushed through the horse's **stomach** too quickly which could lead to **digestion problems** and **serious health risks**.



Time Between Feeding And Exercise

Horses should always be given up to an **hour** between **feeding** and **exercise**. This is because a **full digestive system** gives the horse's **lungs** less room to work, making exercise much harder on them. In some cases, exercising too soon after feeding could also cause the horse to get **colic** which could be a real danger.



Feed High Quality Food

When feeding, it is important that we only feed **high quality** food to the horse. This is because **low quality** food often contains dust which could lead to health problems such as **respiratory problems**. High quality feeds are also better for your horse as they often contain more **nutrients** which your horse needs. These nutrients can also help to improve the **condition** of your horse.

Routine

It is always important when feeding horses that we keep a **routine** by feeding horses at the **same time** each day. This is because horses are creatures of **habit** and can get **stressed** and **confused** easily without a regular routine.