

Selecting the best grain for horses to gain weight is not just about providing the most calories. The right horse feed should promote safe weight gain, maintain gut health, and fit the horse's workload, temperament, and current condition score. Some horses need more digestible energy from fibre and oils and fats, while others do well with a carefully managed amount of cereal grain. The best plan is usually built around forage first, then topped up with the most suitable high-calorie feed for the individual horse.

A horse that is underweight may be a poor doer, older, recovering from illness, or simply unable to eat enough to meet its energy needs. In those cases, the goal is steady weight gain, not a sudden rush of calories. That means balancing calories, fibre, starch, and protein, while keeping the feed ration practical and palatable. If you understand the main types of horse feed, the horse feeding rules, and how to use a horse feeding chart, you can make a smart choice without guessing.

What is the best grain for horses to increase body weight?

The best grain or horse feed for weight gain depends on the way the horse uses calories, how well it digests the feed, and whether the horse needs steady release energy or quick energy. For many horses, the safest answer is not a large cereal-heavy ration, but a feed that provides digestible energy from fibre and oils. Oats, barley, beet pulp, and alfalfa each have strengths, but none is perfect in every situation.

If weight gain is the aim, look for horse feed that delivers enough calories without creating digestive upset. A horse needs enough digestible energy to support condition gain, but the feed also has to suit the gut. Too much starch can increase the risk of hindgut disruption, while too little energy means the horse will not improve. That is why the best approach is usually a balanced diet built from forage, then supported by a suitable concentrate or complete horse feed.

For many horses, the best weight gain results come from a mix of forage, fibre, and a calorie-dense feed rather than a single grain. This creates safer, more gradual condition improvement and supports muscle development as well as fat cover. The horse's body condition score should shape every decision.

How to choose between cereals, roughage-based feeds, and complete horse feed

There are many categories of horse feed, and the best choice depends on your horse's gut needs, activity level, and appetite. Grain feeds can provide concentrated calories, high-fibre feeds can support gut health and steady energy, and complete horse feed can streamline the ration by providing a broad nutritional profile in one product.

Forage should always come first. High-quality hay or haylage provides the horse the bulk of the ration and supports chewing, saliva production, and digestive stability. When forage intake is low, weight gain is often slow regardless of how much concentrate is added. A horse that eats enough forage usually has a better foundation for safe weight gain than one relying mainly on buckets of feed.

High-fibre feeds are often ideal for a horse that needs extra calories but does not tolerate starch well. They may include beet pulp, alfalfa, and chaff, all of which can add digestible energy with a lower sugar and starch load than many cereals. This is especially useful for horses that need condition without becoming sharp, excitable, or digestive sensitive.

Complete horse feed can be a practical option for owners who want consistency. These feeds are designed to deliver a balanced diet when fed according to the label. They can suit horses that need weight gain, particularly when the horse feed company has formulated the ration for condition support and muscle development. The key is to read the feed label carefully and check whether the product is truly suitable as the main concentrate in your horse's diet.

If you are comparing horse feed companies, look for clear ingredient lists, feeding rates, and nutrient information. Good horse feed advice uk should explain whether the feed is intended as a balancer, a performance ration, or a conditioning feed. The right choice is the one that fits your horse's forage intake, body condition score, and daily routine.

Top feeds for building condition safely

Some feeds are especially useful for safe weight gain because they add calories while supporting digestive ease and palatability. The most common examples are beet pulp, alfalfa, oils and fats, and chaff. If fed appropriately, these can improve condition without forcing the horse into an excess starch load.

Beet pulp is a highly digestible fibre source. It is often used in horse feed for poor doers because it supplies good digestible energy and can be a practical foundation for a feed ration. Beet pulp is especially helpful when a horse needs more calories but a lower-starch approach. It can also encourage drinking and help the horse maintain gut health when prepared and fed correctly.

Alfalfa is another excellent option for horses needing more condition. It is higher in protein than many grasses and can support muscle development as well as weight gain. It is often used as a forage or chopped feed component, and it can improve the overall nutrient density of the diet. For horses that need more top line, alfalfa can be more effective than a plain cereal-based feed.

Oils and fats are one of the most efficient ways to increase calories. They provide concentrated energy with little bulk, which is useful for horses that struggle to eat enough. They also support slow release energy and can be included in a gradual feeding plan. Because fats are calorie dense, they can help a horse gain weight without dramatically increasing meal size.

Chaff is often used to add fibre, improve palatability, and slow down eating. It can also help a bucket feed feel more satisfying and reduce the risk of the horse bolting the meal. Chaff is especially helpful when combined with beet pulp or a complete horse feed because it supports chewing and can make the ration more manageable.

Oat, barley, and other grains: pros and cons

Among cereal grains, oats and barley are the most common choices for improving body condition. They can be effective, but they are not equally suitable for every horse. The main issue is starch. These grains contain a lot of starch, and too much starch can challenge the digestive system if the ration is poorly balanced or fed <http://www.littlerockchronicle.com/news/story/582403/with-half-of-britains-horses-overweight-bifid-launches-grainfree-lowsugar-feed-for-the-nations-gooddoers.html> in large meals.

Oats are often considered the more traditional grain for horses. They are usually more digestible than barley and can be a good source of calories for horses that need extra energy. They are also usually more palatable, which helps with fussy eaters. However, oats still contain starch, so they should be introduced carefully and fed in small meals rather than large buckets.

Barley is also a useful calorie source and can be more energy dense than oats. The downside is that it is typically less digestible unless processed properly. Cracked or rolled barley can be easier to use than whole barley, but it

still needs careful management. Because barley is starchy, it can be less forgiving in horses prone to digestive upset or excitability.

Other cereal grains may appear in horse feed, but the main question is always whether the horse truly needs that much starch. For some horses, a fibre-based feed gives better results and supports gut health more effectively. If a cereal grain is used, it should be part of a balanced diet, not the whole strategy.

Generally, small meals are safer than one or two large grain feeds. Offering the ration in smaller portions over the day helps digestion and reduces stress on the gut. If the horse is already on a high forage intake, a modest amount of grain may be enough to move the condition score in the right direction.

Rules for horse feeding for good body condition

Sound feeding principles make the difference between steady improvement and unnecessary digestive upset. A common mistake is to raise feed amounts too fast or rely on too much starch instead of improving the overall ration. The following principles reflect the core horse feeding rules and the traditional 10 feeding rules for horses in practical terms.

- **Forage first:** make forage the foundation before adding concentrates.
- **Feed by weight:** do not guess bucket feeds by eye alone.
- **Make changes slowly:** introduce any new horse feed over several days to reduce digestive stress.
- **Use small meals:** avoid large starch-heavy feeds.
- **Review the label:** know the calorie, protein, fibre, and starch content.
- **Balance the diet:** weight gain should support a balanced diet, not just more calories.
- **Assess condition:** use a condition score and body condition score regularly.
- **Encourage appetite:** palatability matters for horses that are fussy eaters.
- **Monitor the gut:** loose droppings, discomfort, or reduced appetite may signal trouble.
- **Track changes:** a horse feeding chart helps record what improves results.

A horse feeding chart is valuable because it keeps the feeding plan easy to follow and consistent. You can note the feed type, amount, body condition score, and any changes in appetite or behaviour. This is especially helpful when adding calories to a horse that has previously lost weight.

How much horse feed should you give?

The correct amount of horse feed depends on the horse's size, present condition score, activity level, and the nutrient density of the ration. A horse feed calculator uk can be a helpful starting point, but it should never take the place of observation and adjustment. Horses are individuals, so the final feed ration should be based on how the horse actually appears and feels, not just a rough guide.

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The best method is to assess the horse's body condition score at the start. If the score is low, weight gain may require more calories from forage, fibre, and a suitable concentrate. If the horse is only slightly lean, a small increase in calories may be enough. Feed by weight whenever possible, because volume can vary greatly between different products.

A practical feed ration often begins with more forage, then adds a conditioning horse feed in measured amounts. If the horse is a poor doer, you may need to increase the calorie density of the diet rather than simply increasing volume. That could mean adding beet pulp, alfalfa, or oils and fats, rather than loading up on more cereal grain.

The goal is safe weight gain, not just more feed. Horses should gain condition steadily over weeks, not days. If the horse is not responding after a reasonable adjustment period, the ration may need reviewing. That is where a horse feed calculator uk can help you estimate needs, but the horse's response should always guide the final plan.

Feed for horses expense: what affects value and price

Horse feed pricing differs considerably depending on ingredients, production, brand, and whether the feed is designed as a simple cereal mix or a high-end conditioning feed. Costlier horse feed is not automatically better, but cost often reflects feed formulation, digestibility, and how much of the product is required to get the desired result.

Horse feed companies may price products differently based on whether they are offering a basic grain, a complete feed for horses, or a high-calorie conditioning ration. Some feeds look cheaper per bag but are less rich in nutrients, so you need to feed more to get the same result. That is why value should be judged per day or per nutrient, not just by bag price.

The feed label helps you compare products properly. Look at calories, protein, fibre, sugar and starch, and recommended daily intake. A feed that supports weight gain with smaller amounts may actually be more cost-effective, especially if it also improves palatability and reduces the need for extra supplements.

Horse feed advice uk often emphasises that the cheapest solution is not always the most economical if the horse still fails to gain weight. A more digestible feed with a better energy profile can save time, reduce waste, and support a more stable feeding plan.

Horse feed for beginners: easy starter method

Feeding horses for beginners should be uncomplicated, safe, and based on the idea of forage first. If you are new to feeding, the main goal is to build a balanced diet without overcomplicating the ration. Start by checking the quality and quantity of forage, then decide whether the horse needs extra calories from a concentrate or complete feed for horses.

Palatability matters because even the best formula will not help if the horse refuses to eat it. Some horses prefer chaff, others like beet pulp or an oat-based feed. Begin with small amounts and watch how the horse responds. If the horse eats well, gradually increase the ration as needed and keep the changes gradual.

For newcomers, a fully balanced horse feed can be a useful option because it cuts the risk of feeding gaps. When paired with adequate forage, it can deliver a straightforward route to a balanced diet. If the horse is especially picky or is a poor doer, you may need to boost palatability with chopped fibre or a little oil rather than altering the whole diet at once.

The best starter approach is to keep the ration consistent, simple, and measured. Do not mixing lots of different products without a plan. A steady feeding routine, based on forage first and careful monitoring, is usually the most effective route to gradual weight gain.

When to ask a vet or nutritionist for help

Some horses need more than a standard feeding plan. If a horse remains underweight despite good forage, careful feeding, and a sensible increase in calories, a vet or nutritionist should be involved. This is especially important for a poor doer, older horse, or any horse showing other concerns such as low appetite, recurring digestive issues, or poor muscle development.

Gut health is a major reason to seek advice. If a horse is not maintaining condition, the issue may not be simply “not enough horse feed”. Dental problems, parasite burden, pain, poor absorption, or other medical issues can all affect weight gain. A nutritionist can help fine-tune the feed ration, choose the right supplement if needed, and make sure the diet supports recovery rather than masking a problem.

If you are unsure whether to use more grain, more fibre, or a complete horse feed, expert help can save time and prevent mistakes. The best plan is always evidence-led: assess the condition score, review the forage, check the feed label, and make targeted changes based on how the horse responds.

FAQs about feeding horses to gain weight

What is the best grain for horses to gain weight?

There is no single best grain for every horse, but oats are often a practical choice because they are palatable and generally easier to digest than some other cereals. Barley can also be useful, but both should be fed carefully because of their starch content. In many cases, a fibre-based horse feed with beet pulp, alfalfa, or oils and fats is a safer way to support weight gain and digestible energy.

Is complete horse feed more effective than plain grain for weight gain?

In many cases, yes. A fully balanced horse feed can be better than plain grain because it is designed to provide a better balanced diet, not just calories. It can promote weight gain while reducing the risk of nutritional gaps. For many horses, especially those needing a simple plan, a complete horse feed is simpler to manage than building a ration from several separate ingredients.

How much horse feed should I give a horse that needs to gain weight?

Start with the horse’s body condition score, forage intake, and current workload. Use a horse feed calculator [uk](#) as a guide, then modify by feed by weight rather than volume. Increase calories step by step and keep meals compact. If the horse is not improving after a sensible trial, review the feed ration with a vet or nutritionist.

How quickly should a horse gain weight on a new feed plan?

Weight gain should be even and safe, not rapid. Most horses need several weeks to show clear change in condition score and body condition score. A slow increase is gentler to the digestive system and gives you time to monitor gut health, appetite, and muscle development. If weight gain seems too slow or too fast, reassess the ration.

What are the main horse feeding rules to follow when adding weight?

The main horse feeding rules are straightforward: forage first, feed by weight, change gradually, use small meals, and check the feed label. Keep the diet properly balanced and monitor the horse closely with a horse feeding chart. These steps help support safe weight gain while cutting the risk of digestive upset or an out-of-balance ration.

Is a high-starch grain always the best choice?

No. High-starch grain can provide digestible energy, but it is not always the ideal choice for gut health. Horses that are sensitive, excitable, or prone to digestive issues may do better on a lower-starch plan based on forage, fibre, and oils and fats. The best choice depends on the horse, not just the calorie count.

Can I use a horse feed mix recipe at home?

You can try a horse feed mix recipe, but it should be created with care. Various kinds of horse feed have distinct nutrient profiles, so a home mix can quickly become unbalanced if the feed label is ignored. If you want to make your own ration, compare ingredients thoroughly and consider whether a complete horse feed would be less risky and more consistent.

How do I know if my horse is gaining weight safely?

Follow the condition score and body condition score over time, not just the scale weight. Safe weight gain should look like increased cover over the ribs, shoulder, and hindquarters without a rapid change in behaviour or digestive upset. The horse should remain comfortable, eating properly, and showing steady improvement rather than dramatic fluctuations.