

How come horses get loose droppings

Loose droppings can be a warning sign that a horse's digestive health is being stressed, but they do not always mean a serious problem. In many cases, the issue comes from a diet change, stress, or a feed that is not suited to the horse's hindgut. Because horses rely on steady fibre fermentation, even small changes can affect faecal consistency and lead to intestinal upset.

A sudden diet change is one of the most common triggers. If a horse moves from one horse feed to another too quickly, the gut microbes may not adapt in time, and the result can be softer droppings. Stress also plays a part. Travel, new turnout routines, exercise changes, weather shifts, and stable management can all influence gut health. A horse that is anxious or unsettled may show loose droppings even if the ration looks sensible on paper.

Other causes include too much starch, too much sugar, poor digestibility, or not enough forage in the daily ration. Horses that chew less, drink less, or eat irregularly may also develop softer droppings. If the droppings stay loose for more than a short period, or if there are other signs such as reduced appetite, weight loss, or discomfort, veterinary advice is important. Feed changes can help, but only when the cause is dietary rather than medical.

Top horse feed options for better-formed droppings

The best horse feed for soft droppings is usually one that promotes gut health with a fibre-rich profile, low starch, and reduced sugar. The most useful types of horse feed are designed to be easy to digest, palatable, and kind on the hindgut, while still delivering enough energy for body condition and workload. A good choice is often a fully formulated horse feed, a feed balancer, or a fibre-led ration built around hay, chaff, and other fibre sources.

When reviewing horse feed, focus on the ingredient list and nutritional analysis rather than the marketing name alone. Horses with sensitive digestion tend to do better on feeds that promote steadier digestion and fewer fluctuations in gut fermentation. A well-chosen feed should support condition, sustain energy, and improve droppings without overloading the system.

Fibre-rich feed and forage-led diets

A forage-based diet is often the best place to start. Forage, especially good-quality hay, helps keep the digestive system moving at a regular pace and provides digestible fibre for the hindgut. Chaff is also useful because it slows eating, encourages chewing, and can make a ration more palatable without adding unnecessary starch. The more fully the diet is built around fibre, the more likely it is to support firmer droppings and better digestive stability.

Hay should be tidy, consistent, and free from mould or dust. If the horse is a poor doer or works harder, fibre can be supported with additional fibre sources rather than cereal-heavy mixes. This may include chopped forage, fibre pellets, or soaked feeds that are designed to be gentle on digestion. In simple terms, the goal is to increase digestible fibre while keeping the ration uncomplicated and consistent.

Starch-light, reduced-sugar formulations

Feeds labelled low starch and low sugar are often a smart choice for horses with loose droppings. High starch can pass into the hindgut undigested, where it may disrupt microbial balance and worsen gut health. Excess sugar

can also create digestive instability in some horses. A feed with a modest starch and sugar profile is usually easier to manage, especially when the horse is already prone to intestinal upset.

These diets can help for horses needing maintainable condition without the risk of an overly rich ration. They can be suitable for horses in easy work, horses that are sensitive to cereal-based feed, and horses that need better manure consistency. A low-starch feed is not necessarily low in energy; many modern feeds use fibre and oil to support calories in a steadier way.

When a complete feed may help

A complete horse feed can be helpful when a horse needs a balanced ration in a more convenient form. Complete horse feed products usually combine bulk, vitamins and minerals, and energy sources in a single feed, which can be beneficial for horses that do not thrive on lots of separate ingredients. For some horses with loose droppings, a complete feed helps improve consistency because it reduces the risk of gaps in nutrition and helps keep the diet simple.

However, not every complete feed is ideal for every horse. Some are higher in energy than others, so it is important to compare the starch, sugar, and fibre levels. If the horse is already sensitive, the best option is usually a complete horse feed that supports gut health and fits the horse's workload, condition score, and forage intake. In some cases, a feed balancer may be a better solution than a larger bucket feed.

Foods to avoid for a horse with loose droppings

When manure is loose, it is wise to remove anything that may aggravate digestion. Molasses is a frequent ingredient in some feeds and can improve palatability, but it may not suit a sensitive horse. Starch-heavy feed is another common problem, particularly if the horse is eating cereal-rich mixes or a ration that is too energy dense for its workload.

Large feedings are also a concern. Horses are built to eat little meals across the day, so heavy bucket meals can overload the digestive system and reduce overall digestibility. Poor quality feed should be avoided entirely, especially if it smells stale, contains dusty material, or appears mixed badly. Feeding a substandard product can increase the risk of gut upset and make droppings less stable.

It also helps to avoid abrupt changes from one feed to another. Even a better horse feed can lead to a setback if it is introduced too quickly. A steady transition allows the hindgut to adapt and supports a better return to normal faecal consistency.

Choosing the right horse feed

The best choice is shaped by the horse's current droppings, condition, workload, forage intake, and overall feeding routine. Basic feeding principles are important here because a feed that works well in one situation may be too rich, too sparse, or overly complex in another. For horse feed advice UK owners should look for products with easy-to-read feed analysis, plain guidance, and a good match to the horse's needs.

When you are new to feeding, keep the plan straightforward. Horse feed for beginners should be simple to portion, straightforward to introduce in stages, and simple to adapt if the droppings change. A horse feed calculator UK tool can help estimate ration size, but it should be used alongside close monitoring, bodyweight checks, and an honest look at the horse's workload and forage intake.

Rely on a horse feeding chart to set the ration

A horse feeding chart is a useful starting point because it helps you relate feed amount to bodyweight and workload. The idea is to avoid not providing enough fibre or overfeeding starch. A horse in light work may only need forage plus a balancer or a small bucket feed, while a horse doing more may need additional calories from fibre, oil, or a complete ration.

Bodyweight matters because larger horses need more total intake, while workload determines how much energy the diet should provide. Forage intake should remain the foundation of the ration whenever you can. A good target is a diet that keeps chewing time high and supports steady digestive function. If the chart suggests more bucket feed than the horse comfortably handles, the ration may need rebalancing rather than simply increasing.

How much does horse feed cost?

Horse feed cost varies by product type, bag size, and the amount fed each day. A cheaper bag can be misleading if the daily ration is large, while a more concentrated feed may last longer and improve budget control. When comparing horse feed cost, look at the daily ration rather than the sticker price alone.

Bag size is important because buying in bulk can lower cost per kilogram, but only if the feed stays fresh and is used before it goes stale. It is also helpful to compare the cost of a complete horse feed against a feed balancer plus forage-based extras. For horses with sensitive digestion, a streamlined diet can be both more effective and less expensive over time.

Popular brand options and product types to evaluate

You'll find many horse feed companies offering products for sensitive horses, and the best way to compare them is by use rather than brand reputation alone. Certain options are designed as high-fibre blocks or pellets, others as cereal-free mashes, and others as feed balancers for horses that mainly live on forage. Spillers horse feed is one well-known name in this space, but the same comparison principles apply to other brands.

When reviewing products, ask what they are meant to do: boost fibre intake, support condition, reduce starch, or provide vitamins and minerals. Feed balancer products are especially useful when forage is high quality and only a small bucket feed is needed. Pellets can also work well because they are easy for horses to chew, simple to portion, and often formulated for digestibility.

Examine the nutrition panel. The most useful cues are starch, sugar, fibre level, ingredient quality, and whether the feed is suitable for a sensitive gut. A product with strong nutritional analysis and a calm energy profile is often a more suitable choice than a feed that simply looks traditional or familiar.

Sample horse feed mix recipe for sensitive horses

A practical horse feed mix recipe for a horse with loose droppings should be simple, fibre-focused, and simple to digest. For example, there is a small bucket feed made from chopped fibre, soaked beet pulp, and a balancer, with water added if needed for texture. That keeps the ration focused on fibre while still supplying vitamins and minerals.

Chopped fibre gives chew time and supports the overall structure of the ration. Beet pulp is useful because it provides digestible fibre without relying on high starch. A balancer fills the nutritional gaps without making the meal too large. This type of mix may be more suitable than a cereal-heavy mash for horses that need firmer droppings and steadier gut health.

Simple works well for sensitive digestion: forage first, fibre second, and only the nutrients the horse actually needs.

If you make your own mix, keep the ingredients consistent and introduce any new component slowly. The aim is a balanced ration that is boring in the best possible way: predictable, digestible, and easy on the hindgut.

10 rules of feeding horses with sensitive digestion

These horse feeding rules are a practical starting point for horses with soft droppings:

- Keep forage as the foundation of the ration.
- Use high fibre feeds before richer bucket feeds.
- Pick low starch, low sugar products where possible.
- Skip molasses-heavy feeds if droppings are already loose.
- Offer small meals rather than large meals.
- Add any new horse feed gradually.
- Keep a regular routine for turnout, exercise, and feeding frequency.
- Offer fresh water at all times.
- Monitor bodyweight, condition score, and droppings every day.
- Follow veterinary advice if the problem worsens or does not improve.

These guidelines help reduce digestive strain and help you to spot which change is helping. A steady routine is particularly important because sensitive horses often react to disruption before they react to a specific ingredient. Fresh water also matters, as hydration supports normal gut function and helps maintain more stable droppings.

Some horses also benefit from electrolyte supplements, beneficial bacteria, or prebiotic supplements, especially after stress or when feed changes have unsettled the gut. These do not replace for good forage and a sensible ration, but they can support digestion in certain cases.

When to call a vet instead of changing feed

Loose droppings are occasionally a ration problem, but they can also signal a medical problem. If diarrhoea appears, if there are signs of colic, or if the horse seems listless, painful, or off its food, veterinary advice should come without delay. Parasites can also contribute to digestive changes, so a faecal check or treatment plan may be needed rather than another feed change.

Call a vet quickly if loose droppings are continual, runny, or accompanied by dehydration, fever, weight loss, or abdominal pain. Feed management is important, but it should not delay investigation when symptoms point beyond simple intestinal upset. A horse that is only mildly loose may improve with feed changes, but a horse with diarrhoea and pain needs proper assessment.

FAQ: horse feed questions answered

What horse feed is best for horses with loose droppings?

The best horse feed is usually a high-fibre, low-starch, sugar-light option that supports digestive health and gut health. A forage-led diet with hay, chaff, and other digestible fibre sources is often a strong starting point. If more nutrition is needed, a complete horse feed or a balancer may help without overloading the hindgut.

Should I feed a complete horse feed or a balancer?

It depends on the horse's needs. A complete horse feed is helpful when you want a single product that supplies energy, vitamins and minerals, and fibre. A feed balancer is better when the horse mainly eats forage and only needs [EMS management feed](#) a supplement. For horses with loose droppings, a balancer can be the simpler choice if condition is already good and forage intake is strong.

How can I tell if feed is causing loose droppings?

Look at timing and consistency. If loose droppings began soon after a diet change, after adding a richer feed, or after increasing starch or sugar, the feed may be involved. You should also consider stress, forage quality, and feeding frequency. If the problem improves when the ration becomes less complex and more forage-based, that is a strong clue.

How far does horse feed price for a horse with a fragile gut?

Horse feed cost depends with bag size, daily ration, and whether you select a complete feed or a balancer plus forage. A delicate-gut ration does not have to be pricey, especially if it is built around fibre and a small bucket feed. Checking daily ration cost is the best way to compare budgets.

When should loose droppings be checked by a vet?

Loose droppings should be checked by a vet if they become diarrhoea, last more than a short time, or occur alongside colic, weight loss, fever, dehydration, or reduced appetite. Parasites and other medical causes should be ruled out before making multiple feed changes. If you are unsure, veterinary advice is the most sensible next step.

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