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BASIC DIET FOR THE HEALTHY HORSE

Please note – this is for EDUCATIONAL purposes only and NOT to replace your veterinarian's advice.

The ingredients listed are for the BASIC DIET for the HEALTHY HORSE ... it is NOT inclusive of specific, dietary and nutritional needs for an unwell horse. Individual consult for such a situation for the unwell horses should be obtained.

Call **239-573-9687** or email to: gwen.santagate@gmail.com for a full, private consultation from PENZANCE.

TO BE FED ONCE A DAY ONLY, any time ... can be two or 3 times a week for the 'easy keeper' :
TO BE FED IN PLACE OF AND ALL PROCESSED FEEDS OR SUPPLEMENTS ARE TO BE ELIMINATED.

- **FREE CHOICE 1ST CUT good quality HAY**
- **GRAZING** as afforded on **NON-ENHANCED** pastures ... **an old field or meadow** that is free of any chemical enhancements or herbicides with 100's of weeds, flowers, shrubs, etc. is ideal
- FREE CHOICE Sea **Salt** or Himalayan Salt
- 2 oz. daily **RAW, CHELATED MINERALS**
- **RAW, ORGANIC VEGETABLES, FRUITS, NUTS, SEEDS:** (1/2 quantities for ponies)
 - **1 Apple**
 - **1 Orange**
 - **1 Banana**
 - **2 Yams** (otherwise called 'sweet potatoes' in many stores – they're orange in color)
 - **3 – 4 Carrots**
 - **1 cup of dried, organic, unsweetened coconut chips** (www.nuts.com is a good source)
 - **Handful of sprouts** (alfalfa, broccoli, mung bean, spinach, or any mixed sprouts)
 - **2 Handfuls of Spring Greens OR Spinach OR Kale**
 - **¼ Coconut or Extra Virgin Olive Oil** (or other **COLD-PRESSED** Organic Oil)
 - **Handful of Black Oil Sunflower Seeds**
 - **Handful of Pumpkin Seeds**
 - **Handful of Flax seed or Chia seed** (Can be left whole; no need to grind)
 - **2 oz. of RAW, CHELATED Minerals** (Can be purchased from PENZANCE or other sources)
 - **Quick "Glug" of organic Apple Cider Vinegar**
(with the "Mother" in it. BRAGG'S is a good brand)

Cut up the fruits and vegetables into bite-sized chunks with skin, peels and seeds but NO PITS. Mix with the seeds and oils and vinegars and 'serve'.

A personal consult is strongly suggested for a horse with health issues as the 'diet' will differ from the base diet for a healthy horse