



Personal Ponies

Health Flash

*The Most Important factor in Maintaining a
Healthy Diet is to Eat Seasonally*

WINTER FEEDING SUGGESTIONS

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Seasonal eating is so important. Nature provides the nutrients and tools needed to confront each season and provide the essential components needed to survive the seasons with healthy vigor. Nature has provided us with seasonal fruits and veggies to make sure we have all the nutrients we need to stay healthy through the year. All fruits and veggies have cooling and warming agents along with the required vitamins and nutrients to help us through the elements. When it is colder it is natural for our bodies to work harder and burn more energy in the winter to keep warm. This is especially true for our ponies. Adding seasonal foods will help our horses maintain a healthy balance during changes in the seasons..

Below is a list of foods recommended to add here and there. If any of you are following the recommended diet of fruit, veggies and herbs, please do not substitute yams, carrots or avocados for any of these foods. They really need those. But you can substitute an apple for a pear or one of each. We also recommend adding a winter veggie when you can which is a wonderful way to to ensure a healthy balance..

Winter foods to add and why!

Winter months are difficult on our ponies so we really need to provide them proper nourishment. Winter can mean colic for some ponies. This is mainly due to dehydration and non digestible foods. Ponies do not crave cold water when it is cold out so often they do not drink enough.

Squash/Zucchini - Green and yellow squash contain potassium to keep ponies hydrated. They also contain vitamins C, B1, B6, A and K, protein, copper, zinc, iron, calcium and niacin. Zucchini and yellow squash also improves the metabolism. Zucchini is also considered a summer squash as well and is healthy all year round.

Butternut Squash - You can feed your ponies the butternut squash as well. Butternut Squash is technically a fruit because it contains seeds. Butternut Squash contains potassium which is great for hydration and for bone health and vitamins B6 , vitamins A

which supports the immune system and nervous system. Butternut Squash also contains a very important nutrient called carotenoids which support healthy heart function and prevents against other related disorders. It also contains large amounts of beta-carotene and fights against harmful cancer cells.

Pomegranates - Pomegranates are very healthy for your ponies. They have numerous disease fighting antioxidants. Pomegranates help fight against free radicals which harm cell membranes which is linked to diseases such as cancer. They contain, vitamins C, A, E, Niacin, and Potassium. Researchers have also found that eating pomegranates can cut levels of an inflammatory chemical called "interleukin" which is associated with osteoarthritis in our equines.

Pears - Pears are high in vitamin C, K and Copper. These vitamins and nutrients are a great combination of anti-oxidants. Copper is very important and protects the body from free radicals. They are a fighting force against viruses and bacteria primarily because they help to feed and generate white blood cells. Pears are also very important for the digestion and intestinal health. They prevent constipation. Pears are able to bind to bile and carry it out of the body.

***Note: Pears are a diuretic (so is alfalfa). Diuretics are fine as long as the body is consuming enough potassium. Potassium allows the body to regulate a normal level of electrolytes which prevents dehydration. Many of the squashes and winter produce contain high levels of potassium.*

Dates – Dates are very warming!! Dates will generate heat in the body. They contain B complex vitamins, Thiamin, and Niacin. They also produce hemoglobin in the red and white blood cells and contain Magnesium and Iron for healthy bones.

Kale - Dark leafy greens are very healthy, but Kale stands above the rest!! Kale is rich in antioxidants and contains high levels of vitamin A and Calcium. The combination of vitamins and minerals found in Kale makes it almost the perfect food. Kale also has a combination of foliate and B6 which keep homocysteine levels down, which prevent heart disease, dementia, and osteoporosis and bone fractures.

Blackstrap Molasses – Blackstrap Molasses contains high levels of iron, magnesium, calcium and copper. The iron aids in boosting the immune system and preventing anemia. The magnesium repairs tissues, regulates healthy blood flow which will carry out toxins while providing oxygen flow to heal through healthy circulation, as well as maintaining a healthy sugar balance in the blood. The calcium strengthens bones and teeth and also aids in rebuilding healthy cells to the heart, nerves, and muscles. Calcium also has the ability to bind the toxins together and remove them from the colon. Copper helps the body utilize the iron and plays a significant role in eliminating free radicals/toxins from the system.

Cooked Barley – Cooked barley makes it possible for your pony to actually digest the grain allowing the body to absorb and distribute the nutrients properly. It is a very warming food for the winter and helps to bulk up your horse during the cold months. Barley contains proteins, minerals, vitamins, potassium, calcium, magnesium, iron, copper, phosphorus zinc, beta carotene, B1, B2, B6, C, folic acid, and pantothenic acid making it one of the most nourishing foods. Barley also contains high levels of chlorophyll which purifies the blood and fights against degenerative disease such as cancer, heart disease, and premature aging and the breaking down of cells, as well as containing high levels of fiber and selenium to aid in digestion and high levels of beta-glucan which stabilizes blood glucose levels.

A Yummy Winter Treat for your Ponies!

Nothing warms in the inside of our souls more than watching our ponies gobble up a delicious warm meal when it is really cold. Below is a recipe to share that will leave your ponies tummies full, bodies warm and your heart complete.

The ingredients will vary depending upon the amounts you wish to make.

In a medium pot place:

- 3 cups of Apple sauce (usually around 3- 5 large apples in the Cuisinart)
- A few dates
- 1/4 cup cinnamon (NOTE: Cinnamon is a very healthy and warming. Cinnamon is one of the oldest spices. It is very healthy and helps fight bacteria and fungus and build a healthy immune system..)
- 2 TBS Nutmeg
- 2 cups yarrow tea

Once it is all warmed up mix it with their herbal blend and add the veggies recommended in our best practices.

At night after the sun goes down, you may wish to just give them the warm applesauce blend to warm them up before they go to sleep for the night.