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appropriate nutrition for optimal growth, reproduction, and overall herd well-being.

## Nutritional requirements of beef cows

Beef cows have unique nutritional needs that vary depending on their stage of production. Key factors to consider include body condition score, pregnancy status, lactation, and growth requirements for developing o spring. Adequate nutrition is essential to support body maintenance, reproductive function, and optimal milk production. Properly balanced diets that meet the energy, protein, vitamin, and mineral requirements are vital to ensure healthy and productive beef cows.

## **Results and Discussion**

## Forage as the foundation

Forage, such as pasture or hay, forms the foundation of beef cow diets. High-quality forage provides essential nutrients, including ber, protein, and energy. e availability and nutritional composition of forage should be evaluated to meet the speci c requirements [4-8] of the cows. Regular forage testing enables producers to identify nutrient de ciencies and make informed decisions regarding supplementation strategies.