

Want a Calm, Healthy Horse?



Then Ditch the Following Myths:

- × Green grass counts as roughage/fibre
- × Temperament is genetic and diet has nothing to do with it.
- × “Good” (rye/clover or lush) grass is good for horses.
- × Hay is what you feed when you run out of grass.
- × Sloppy manures aren’t anything to worry about.
- × When horses & ponies get fat, put them on short grass or no grass.
- × “Spring Fever” is inevitable.
- × Aggressive geldings have not been gelded properly.

Facts

- ✓ Green grass and clover is high in sugars/starches and low in fibre especially when short and growing.
- ✓ NZ Pasture fed horses lack fibre in their daily diet!
- ✓ Our horses diets **need!** to be managed according to lifestyle.

Fibre Requirements Relative to Lifestyle

(Adult Horses & Ponies)

Oils 5%	Oils 5%	Oils 5%	Oils 5%	Oils 5%
95% Soaked Hay FibaRich Pellets <i>10% of this can be made up of Hay Cubes or Protein</i>	Protein and Carbohydrate (eg soya bean meal) (eg grasses, grains)			
	15%	25%	35%	45%
	80%	70%	60%	50%
	FibaRich Pellets Hay Cubes Hay	FibaRich Pellets Hay Cubes Hay	FibaRich Pellets Hay Cubes Hay	FibaRich Pellets Hay Cubes Hay
Obese & or Laminitic	Idle	Light Work	Moderate Work	Intense Work
<i>See below</i> ★	<i>Less than 3 rides per week</i>	<i>Pleasure riding, dressage, Hacking, showing etc</i>	<i>Trekking, stockwork, showjumping</i>	<i>Racing, polo, endurance, hunting, eventing,</i>

 Fibre	 Protein & Carbohydrate	 Fat
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Important:

- Soak hay in water for one hour (to reduce sugar content) discard water and feed immediately.
- Feed Hay without any perennial rye grass or clover in it.
- Feed a good calcium supplement or feed Lucerne Hay, Lucerne Cubes or Lucerne/Timothy Cubes to Horses on Kikuyu grass for extra calcium.
- After approx 6-9 months the obese/laminitic horses' metabolism will be returning to normal and they can be fed as 'Idle'. Be extremely diligent about not allowing a relapse.
- When on any kind of pasture feed a toxin binder containing mycosorb and a highly absorbable magnesium.
- For horses in moderate to intense work add carbohydrate and protein according to energy requirements (refer to table above).
- Avoid carbohydrate overload in broodmares, young & growing horses, by ensuring a high fibre intake to offset high sugar content of lush pastures.

★ **Obese & or Laminitic** : Cresty neck, extra pads of fat on shoulders and tail head, puffy especially around eyes and sheath, ravenously hungry. Prone to sore feet and laminitis. Clover is very high in starches and can be a particularly potent trigger for laminitis in horses and ponies even when they are not obese.

For more information visit www.horsemanshipnz.com

Why Add Fibre?

Adding fibre to the diet of NZ pasture-fed horses is vital:

- ✓ It keeps the hind-gut and its resident micro-organisms healthy, preventing sugar overload, which causes hind-gut acidosis (sloppy manure), ADD (attention deficit disorder), insulin resistance, metabolic chaos, laminitis.
- ✓ The digestion of fibre has immune-boosting, anti-allergic and hormone regulating effects.
- ✓ The fermentation of structural fibre is a major source of energy.
- ✓ Fibre helps synthesise B-Vits & Vit K for calmness and good health.
- ✓ Provides fuel for their internal body heater.
- ✓ Creates a water reservoir for proper hydration, especially after sweating, urinating and salivating.
- ✓ Requires more chewing = more saliva, preventing stomach ulcers.

Does your horse eat Grass? Clovers? Molassed feeds? Grains?

Consumption of these, without sufficient accompanying fibre according to lifestyle **will** sooner or later result in a vast array of ill-health problems. Symptoms including “bad behaviours” (eg herd-bound, nappy), ravenous appetites, insulin resistance, obesity or ill-thrift, weak, sore feet and laminitis will become apparent.

Green grass does not supply enough fibre in the diet of NZ pasture fed horses.

How Much Fibre?

- ✓ A 500kg horse requires at least 10 kgs roughage/fibre/day, 365 days/yr.
- ✓ This can be achieved with a combination of hay, hay cubes and high fibre feeds.
- ✓ Timothy or Tim/Lucerne Cubes add fibre with some carb/protein. Add more as workload increases.