

## FEED INGREDIENTS TO AVOID

The key to a healthy horse is proper nutrition. Providing an anti-inflammatory diet is critical to achieving optimal health. It is important to evaluate your feeding program and make sure it focuses on allowing your horse to thrive.

*Diet plays a critical role in many equine health issues:*

- Cushings
- Behavioral Issues
- Ulcers/Hind Gut Acidosis
- Tying-up
- Chronic Body Soreness
- Immune Compromise
- Allergies/Hives
- Colic
- Hormone Imbalances

The following 5 categories contain the most commonly included ingredients to avoid in complete feeds. Each section includes common names used on feed labels, and explains why these types of ingredients are not good for the long-term health of your horse.

### Soy Products

***Extruded Whole Soybeans, Dehulled Soybean Meal, Plant Protein Products, Soybean Meal, Soybean Oil, Soybean Hulls, Vegetable Oil, Lecithin***

Soy products have become the most popular source of cheap protein for many processed feeds. They most commonly come as cast offs from the human food market. This unfermented soy can pose serious health concerns, especially when consumed over a long period of time.

- **High phytic acid content** – binds certain nutritional minerals preventing them from being absorbed into the body.
- **Goitrogens & Phytoestrogens** – suppress the function of the thyroid gland and cause hormone imbalances, which can lead to anxiety, moodiness, weight issues, digestive upset, breeding difficulties, allergies and immune dysfunction.
- **Glyphosate** – soy is heavily sprayed with chemical herbicides, and this ingredient in particular contaminates the plants creating digestive issues, allergies and hormonal disturbances.



## By-Products

*Processed Grain By-Products, Wheat Middlings, Distillers Dried Grains, Wheat Millrun, Corn Gluten Meal, Roughage Products, Oat Hulls, Rice Hulls*



These cheap ingredients usually make up the largest portion of fortified or complete feeds. They are included to be the primary sources of fiber and carbohydrates to give your horse energy. However, these fillers are actually useless milling by-products from the human food market, which are then sold to make animal feeds. Companies simply purchase whatever is least expensive that week and add molasses to make it look and smell palatable.

Feeding by-products creates inconsistencies in your horse's diet because all of these components are used interchangeably between batches. The low quality and variability of ingredients can lead to digestive issues. Many contain pesticides and provide little or no nutritional value.

## Complex Carbohydrates

*Oats, Corn, Barley, Rye, Wheat, Grains*

The body breaks down these non-structural carbohydrates into sugars, which spikes blood glucose levels. Over time, this can create health issues such as founder, Insulin Resistance, Cushing's Syndrome and other metabolic disorders.



## Sodium Selenite



This cheap, inorganic form of selenium is bio-unavailable, which means it cannot be absorbed properly. It actually creates a selenium mineral deficiency within the body, which can lead to muscle soreness, tying up and poor hoof quality.

Instead, look for the ingredient list to include selenium yeast or selenomethionine. Both are bio-available sources of selenium, which are truly beneficial to your horse.

## Sugar

*Molasses, Cane Molasses, Molasses Products*

Molasses is added to make poor quality ingredients look, smell and taste more appetizing. It creates an insulin reaction each time it is fed, which, over time, can lead to Cushing's and Equine Metabolic Syndrome. There is no nutritional benefit by including sugar in a horse's diet.



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# READ THE LABEL

## Feed Ingredients **to Avoid**



Below are **actual labels** from popular 'grains' on the market.

### Professional Formula Pellet

Processed Grain By-Products, Roughage Products, Grain Products, Forage Products, Molasses Products, Soybean Oil, Calcium Carbonate, Plant Protein Products, Salt, L-Lysine, Lignin Sulfonate Dehydrated, DL-Methionine, Vitamin E Supplement, Bentonite, Iron Oxide, Zinc Oxide, Copper Sulfate, Choline Chloride, Animal Fat Preserved with Ethoxyquin, Vitamin A Supplement, Vitamin D3 Supplement, Vitamin B-12, Calcium Pantothenate, Riboflavin Supplement, Niacin Supplement, Calcium Iodate, Magnesium Oxide, Cobalt Carbonate, Ferrous Carbonate, Sodium Selenite...

### Controlled Starch Feed

Dehulled Soybean Meal, Yeast Culture, Wheat Middlings, Distillers Dried Grain with Solubles, Ground Corn, Soybean Hulls, Dehydrated Alfalfa Meal, Cane Molasses, Selenium Yeast, Vitamin A Supplement, Vitamin D Supplement, Vitamin E Supplement, Vitamin B12 Supplement, Riboflavin Supplement, Folic Acid, Biotin, Thiamine, L-Lysine, L-Theronine, DL-Methoinine, Calcium Carbonate, Dicalcium Phosphate, Monocalcium Phosphate, Salt, Sodium Selenite...Soybean Oil.

### Senior Feed

Plant Protein Products, Processed Grain By-Products, Roughage Products (24%), Dehydrated Alfalfa Meal, Cane Molasses, Vitamin A Supplement, Vitamin D3 Supplement, Vitamin E Supplement, Vitamin B12 Supplement, Riboflavin Supplement, Folic Acid Biotin, Thiamine Mononitrate, L-Lysine, Calcium Carbonate, Salt, Natural and Artificial Flavors Added, Zinc Sulfate, Copper Sulfate, Ferrous Sulfate, Manganous Oxide, Manganese Sulfate, Ferrous Carbonate, Copper Chloride, Zinc Oxide...Sodium Selenite, Soybean Oil...

## ARE YOU FEEDING ENOUGH?

In addition to quality and bio-availability issues, you also need to make sure you feed as directed. For many performance horses, that would mean feeding up to 10 POUNDS of 'grain' per day to get the recommended daily dose of vitamins and minerals.

ONE 2 lb. SCOOP = 1/5 OF THE DAILY RECOMMENDED DOSE  
OF A COMMON COMPLETE FEED



If you feed a 2 lb. scoop twice a day, then your horse will be missing out on essential nutrients. This means you will need to add a complete vitamin/mineral supplement to actually meet the daily requirements.

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