

WHAT GOES IN THE CKET?

What type of horse do you have?	Grain Substitute	Vitamin & Mineral Supplement	Fat Source	Oil
AVERAGE KEEPER on grass hay or pasture	Alfalfa Pellets	✓	✓	✗
AVERAGE KEEPER on alfalfa hay or cubes	Grass Pellets	✓	✓	✗
HARD KEEPER on grass hay or pasture	Alfalfa Pellets & Soaked Beet Pulp	✓	✓	✓
HARD KEEPER on alfalfa hay or cubes	Grass Pellets & Soaked Beet Pulp	✓	✓	✓
EASY KEEPER OR INSULIN RESISTANT on grass hay or pasture	A Handful of Alfalfa Pellets (only to mix with supplements)	✓	✗	✗
EASY KEEPER OR INSULIN RESISTANT on alfalfa hay or cubes	A Handful of Grass Pellets (only to mix with supplements)	✓	✗	✗



FORAGE

- Hay or pasture should provide the bulk of nutrients for your horse's dietary needs.
- Try to keep hay in front of your horse throughout the day when stalled.
- Use a slow feeder or mesh hay net to make it as much like grazing as possible.



GRAIN SUBSTITUTE

- Pellets are very finely ground so they are easily digested and absorbed.
Choices: Alfalfa Pellets
Grass Pellets (Orchard, Timothy, Coastal, etc.)
Soaked Beet Pulp Pellets Or Shreds (WITHOUT MOLASSES)



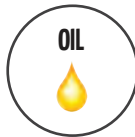
VITAMIN & MINERAL SUPPLEMENT

- Choose a complete supplement WITHOUT added grains, grain by-products, molasses or soy.
Choices: **BEST** - Essential™ (DePaolo Equine Concepts, Inc.)
ACCEPTABLE - High Point (Horse Tech)
ACCEPTABLE - California Trace Plus



FAT SOURCE


- Fat is a great source of "cool" calories and does not create an insulin reaction.
Choices: Rice Bran
CoolStance® or Renew Gold™
Flax or Linseed (Meal or Seeds)
- DON'T feed more than 2 lbs. at any one meal.***



OIL

- A highly digestible source of calories and Omega Fatty Acids that doesn't cause Metabolic issues.
Choices: Olive Oil
Flax (Linseed) Oil
Rice Bran Oil

 **REMEMBER! No Soy, Sugar Or Molasses...EVER!**

 **Still have questions?**
Visit our health library
www.DePaoloEquineConcepts.com

HOW MUCH GOES IN THE BUCKET

- When changing your horse's diet to a low Glycemic Index program, use the same amount of feed in the bucket that you are using now.
- For Average & Hard Keepers, the ratio in the bucket should be:
 - 2/3 grain substitute
 - 1/3 fat source
 - one dose of a complete Vitamin & Mineral Supplement
 - When offering oil, start with 2 ounces twice daily. If that does not produce sufficient weight gain within 45 days, you may increase the amount up to 4 ounces twice daily.
- Gradually introduce the new diet over 7-10 days. Include a probiotic or digestive supplement to help keep the gut healthy during the transition period.
- For picky eaters, add ½ cup of unsweetened apple sauce for a week and taper it off to get your horse accustomed to the new taste.

