



## TYING UP - DIETARY GUIDELINES

All horse diets can be divided into separate components- energy sources, protein sources, fibre, minerals, electrolytes, and vitamins.

The following guidelines are based on a typical 500kg Thoroughbred Racehorse, but can be altered for other breeds and disciplines.

### ENERGY

Horses with chronic tying up syndrome need special dietary requirements : the most important component to modify is the energy source. Energy is usually derived from grains like oats and barley, which is basically starch. Reducing starch, and replacing this with oil will often reduce the tendency to tying up. There is a product called "Easyoil", which is bulk canola oil. One cup of oil is equivalent energy to 6 cups (750g) whole oats, 4 cups (700g) of rolled barley, or 3 cups (640g) cracked corn. This could be introduced into a diet gradually, starting at 40mls twice daily and increasing to required amount over 2 weeks. In early training, oil should make up 15% of energy of diet, increasing to 25% of energy of diet when in full work.

### PROTEIN

As work increases, protein intake, which is usually derived from lucerne, soyabean meal, tick beans, sunflower seeds, linseed meal, copra and several other additives, needs to gradually increase. A guideline would be 750g daily in early training, up to 900g daily in full training. Different protein sources have different percentage protein per g of supplement, so the total amount of additive would have to be calculated.

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## FIBRE

Fibre sources are chaff, bran, grass hay, or products such as “Speedybeet”. They should make up 50% of diet, approximately 1.5-2% of horses bodyweight.

## MINERALS

The main minerals to feed are Calcium, Phosphorus and Magnesium. 60-90g per day of ground limestone, or if using lucerne, 60-90g per day of DCP (dicalcium phosphate), plus 2 tablespoons Epsom salts daily. There are commercial preparations that will provide these also.

## ELECTROLYTES

Sodium, Chloride and Potassium are required- 3 tablespoons salt and 3 tablespoons lite salt daily will provide requirements.

## VITAMINS

Selenium, Vitamin E help horses with tying up to prevent muscle damage and improve muscle cell recovery. Other vitamins like B group and vitamin D also are required, and are usually provided in commercial additives. There is often enough selenium in commercial feeds, and too much in the diet can be detrimental. Ranvet has a product “Muscle E” which is worth using to supplement some of the required Vitamins.

For detailed dietary advice for your horse’s specific needs, most feed companies have consultant Equine Veterinarians or dieticians.

Dr Steve Dennis, BVSc(Hons), MACVSc(EqMed)