

# Optimum Nutrition for Golf

## What to Eat Before A Round

It is vital to fuel before a round. Your meal should include a full complement of carbohydrates, protein, and healthy fats.

### Sample Meal:

#### **1 large apple, 3 eggs cooked in olive oil**

The apple will provide the appropriate fuel for immediate energy and the eggs and olive oil will provide fat and protein for longer lasting energy. The fat in the meal has the added benefit of slowing the emptying of the stomach, allowing the carbohydrate of the apple to be metered into the bloodstream more slowly, making its energy available even longer.

## How to Keep Energy Up During a Round

Poor glucose supply causes sluggishness, poor concentration, slow reaction, and altered communication with the body. This will lead to a decrease in performance, especially late in a round when one's muscles may be fatigued as well.

### Important Snacks to Keep You Focused:

- **12 almonds (other nuts and seeds that would be ideal on the course are cashews, walnuts, and pumpkin seeds. Peanuts should be avoided because they contain a high amount of inflammatory substances)**
- **Nutrition bars are good but make sure to look at the ingredient list before purchasing. Avoid bars with a long list of ingredients and try to pick par that are organic to lessen the chemical impact on your body.**
- **Raw fruit and vegetables will also give a nice burst of energy.**
- **MCT Oil (medium chain triglyceride) is ideal for energy. MCT Oil is derived from coconut oil and is a saturated fat. Although it is saturated, the MCT is used almost exclusively for energy.**

Keep in mind that a traditional hamburger or hotdog at the turn is not ideal as it is already two hours into the round and your body has already begun to expend energy to liberate stores of glucose from your muscles and liver to help maintain blood sugar.

## How to Recover After A Round

The goal of a post-round meal or snack is to replace stores of glycogen in the muscles and liver for full recovery. Glycogen is the storage form of glucose. It is also the best time to fully rehydrate. Post round recovery is vital for next day performance.

The best way to restore glycogen level in the muscles and liver is to have a snack or meal with two hours of the round. Ideally the meal or snack contains a combination of complex carbohydrates and protein in a 3:1 or 4:1 ration.

### Great Snacks to Have After a Round:

- **Granola mixed with plain yogurt**
- **Whey protein mixed with frozen berries and almond milk and blended**
- **A 2 oz. piece of meat, 4 oz. potato with a small amount of sour cream**
- **A 4 oz. piece of meat with a large salad topped with olive oil and vinegar dressing**

## How Much Water to Drink

A good rule of thumb is to drink ½ oz. water for every 1 pound of body weight.

### When to Consume Water:

- **25% before your round**
- **50% during your round**
- **25% after your round**