

# Food for thought

Eating the right food before and during a game of golf can reduce your scores significantly

The 'game' of golf is rapidly becoming a 'sport'. The elite players in the world are no longer just great golfers – they are refined athletes whose physical, mental and nutritional preparation rivals that of other sports. Whether you want to play at a professional level or just want to enjoy the amateur game a little more, food genuinely offers a solution to cutting your scores. Follow this simple meal plan before and during your round and you will play better golf.

## Body boosting breakfast



FUEL YOUR BODY  
1 HOUR (MIN)  
BEFORE PLAY

### The most important meal of the day

We are sure you've heard the phrase 'breakfast is the most important meal of the day' before, but in golf's case it's not a cliché – it really is essential you get a good breakfast in your system. The perfect brekkie should include plenty of toast, and one of the new multigrain or wholegrain cereals such as muesli for a brain-boosting slow energy release that will last you all day. If you want a bit of extra brainpower add a few dried apricots, because these boost oxygen to the brain. Remember to drink plenty of fluids, too. A glass of fresh orange juice will help your body to absorb iron and raise your energy levels.

## Fascinating food facts

Stocking up on the right food groups will pay dividends, says Bob Wood

■ An average 70kg man has a recommended daily calorie intake of 2,000 calories. Physical activity is fuelled by metabolising these calories: a round of golf will consume about 700 calories.

■ The brain is a major consumer of calories. It will burn off 100 calories during a round as it copes with the demands of concentration, psychological stress and anxiety.

■ You'll walk about five miles during a round on a 6,500-yard course – and add at least one-and-a-half miles to that if you're a wayward hitter who has to hunt for balls on every hole!

■ The average carry bag full of clubs weighs about 25lb – that's like carrying 25 bags of sugar on your shoulders. No wonder you burn up so much energy during a round of golf.

## The night before play



### Stock up on fuel for the next day

If you're going to tackle 18 holes the next day then you really ought to be preparing your body the night before. An ideal pre-game dinner will be made up of 'complex' carbohydrates (potatoes, bread, rice, cereals, pasta...). These are the slow-burning fuels that provide a sustained release of energy over the more prolonged period of time that we take to digest them, and in this way, stocking up on them gives us a 'full tank' on which to call upon throughout the round. If you are going to tackle 36 holes then load up with a pasta-based meal. Opt for one scoop less Bolognese sauce, but an extra one of spaghetti.

## Mid-round motivator



### Cure your hunger pang with a simple snack

During the round you will be consuming your energy reserves, and you may also be delaying a normal meal time. You need to consume something that will give you both a quick kick of energy, and an extra dose of slow-burn fuel to see you through the remaining holes. Eating a banana, which contains 100 calories of raw energy, is okay. However, an even better option is a sports nutrition bar or packet of oatmeal cookies. They are lightweight, small and don't go off. If you are playing a competition then munching on a few nuts may help raise levels of serotonin, the feel-good hormone, which helps to make pressure more bearable.





