

# FUEL FOR FIRE-POWER

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Pre-Round Nutrition for lower scores



## Pre Round Meal

The choices you make in what to eat before a round of golf or any other physical activity have a tremendous impact on performance. Have you ever been so hungry just before the turn that you wanted to skip the 9th hole and just run to the grill for a sandwich? Ever lost focus on the last few holes because you were starving? It happens because of the size, content and timing of the last thing you ate before step to the first tee. How do we avoid it? Read on to find out...

The end product of carbohydrate breakdown is glucose (blood sugar). Blood sugar levels must be leveled off once they reach a certain level. Insulin is released from the pancreas to clear the extra glucose from the blood stream. It will go to either fat cells or muscle cells. Insulin wants to get the job done quickly, therefore it will go to the cells which allow the easiest access, and unless it's after exercise this means fat cells. This can affect body composition and result in fat.

**What does this mean for your golf game?**

If you are having soda, juices, candy, cereal like fruit loops, or non-wheat bread with jelly it means a lot. A spike in blood sugar levels will later result in plummeting blood sugar levels. This will drain energy, focus and hinder performance. It can leave you jittery, lethargic and totally out of sync. Not what we want during golf.



We all know of the "sugar high", and the crash that follows. This is it. Complex carbs are broken down at a slower rate than simple carbs (sugar), therefore resulting in a slower more steady release into the bloodstream. This keeps blood sugar levels more consistent and eliminates the perilous peaks and valleys that cause jitteriness and crashing. A complex carb is a polysaccharide. Also known as starch or glycogen. Starch is only found in plants while glycogen is found in animals, including our bodies. This means your complex carbs will come from starches. We can find these in grains, roots, vegetables, pasta, bread and

**Avoid processed and highly refined food.**



Processed food includes but is not limited to crackers, cookies, snack foods, chips, cereal like Fruit Loops, or Lucky Charms...you get the idea. Processed foods often lack nutrients, vitamins and minerals, contain high amounts of table

salt, bad fats and sugar. They also convert to sugar quickly and should be minimized in the diet.

A constant supply of protein is required for growth, recovery, preservation of muscle and connective tissue, and to prevent further breakdown of lean tissue. Fats are necessary for growth and recover, energy for aerobic activity, metabolic processes, and hormone production. **Fats should be kept BELOW 30 percent of daily caloric intake.**

Fat intake should also be primarily from good sources, like nuts, avocado, olive oil, and fish. Saturated fatty acids should be minimized. They can be found in egg yolk, fatty meats, butter, bacon, pork and sausage, cheese and whole milk products. This is because of the LDL content of saturated fatty acids.

Your **protein needs can range from .5-1.0g per lb** of lean body weight (what you weigh minus fat tissue). Finding your exact LBW can be impractical for some golfers, so just shoot to be in that range every day. Be sure to spread the protein evenly over 5-7 meals. Every sport and activity has its own set of energy requirements. Anaerobic activity is fueled by glucose and glycogen (stored energy in muscles and the liver). Aerobic activity is primarily fueled by the breakdown of fat cells. This is because oxygen is present during aerobic activity which is required for fat oxidation. It is not present during anaerobic activity. Golf is a mixture of both. The golf swing is about as anaerobic as it gets. A total body, high speed movement lasting 1 second. Walking between shots is aerobic.

This means **you need a higher portion of carbs and a small serving of fat in your pre round meal.**

A standard serving of protein is also necessary in every meal, especially before activity. Protein is the building blocks of life, without it tissue breakdown and loss of lean body mass will occur.

## Tips for fueling up the best golf of your life

- Eat your pre round meal about an hour before you tee off
- Follow a moderate protein, moderate to high carb, and low fat plan
- Avoid sugars and make sure your carb sources whole grain, slow burning, complex carbohydrates (oats, whole wheat bread/ pasta, potato, quinoa,
- Make sure your protein is from lean sources (white meat chicken or turkey, lean beef cuts, fish, egg whites)
- Include a serving of vegetables
- Make sure your fats are from nuts, avocado, and oils, rather than meats and
- Avoid highly refined foods and stick to foods in a more natural form
- Make sure to eat the right portions for your size:
  - For protein get between 20-40g
  - For carbs between 40-80g
  - For fats stay between 5-15g

# Sample Meals

## A 120lb person

### Breakfast Meal

3 Egg whites 1 whole egg

1/2 cup oats with berries or two pieces of toast with jam or honey

### Mid-day meal

Turkey Sandwich on Wheat Bread with greens, avocado, and fat free/ low sugar condiment like spicy mustard

## A 150lb person

### Breakfast meal

2 whole eggs and one small cup of nonfat Greek yogurt

1/2 cup of oats and small piece of fruit (Apple, orange banana)

### Midday Meal

6oz of white fish

3oz of whole wheat pasta with fat free low sugar sauce or diced tomatoes

A 180lb person

### Breakfast meal

6 egg whites

1 cup oats with small piece of fruit

2 strips of bacon

### Midday meal

6oz grilled chicken

Heaping 1/2 cup of brown rice or large sized sweet potato

1 cup of chopped steamed veggies or small salad with low fat low sugar dressing

small handful of almonds

\*\*Always consult your physician before starting or changing an exercise program or diet regimen. This guide is not intended to serve as a substitute for advice from a RD or MD\*\*