

Sustain Performance

In-Round Nutrition for Consistent Scores



Snacks During the Round

By now you know the ins and outs and importance of hydration. We have also established how important your pre-round meal is, what to avoid, and what is going to fuel your best performance on the course. The question now becomes **what to bring to keep you going during a round?**

The choices you make now are just as important as what you ate before you teed off and what club you're going to hit next to make it over the pond and onto the green.

You have several options in how you choose to manage your on course nutrition, and this guide is meant to give you some introductory level information on your choices.

A combination of any of the number of choices that you have can be a win, but...

**The Real Victory Is In The Content Of
The Meals!**

We've already established that simple sugar, processed food and unhealthy fats are things you want to mostly avoid.



We also know the importance of protein, healthy fats, and complex carbs.

Here are a few things to keep in mind when it comes to sugar:

1. Fructose (the sugar found in fruits) is not to be confused with High Fructose Corn Syrup (a simple sugar found in almost all processed food)
2. Fructose differs from other sugars such as Glucose in that it absorbs much slower
3. Dark chocolate contains sugar, but is low glycemic making it's absorption also slow
4. Sugars quick absorption does have its place post exercise (that will be discussed in Post-round Nutrition)

Let's apply our knowledge of healthy fats, lean protein sources, and quality carbohydrates to make a simple shopping list for great on the course snacks:

GREAT ON COURSE SNACKS!

Trail Mix- The ideal trail mix will include nuts, seeds, dried fruit, and perhaps a little granola or dark chocolate. This will provide healthy fats, a small dose of protein, a some carbs while keeping simple sugars low.



Jerkey- A great way to get your protein in while keeping the bad fats and sugar low. There is a fair amount of sodium in jerkey, but if you aren't adding salt to other meals this shouldn't raise a concern.

Fruit- A great source of carbs and more importantly vitamins and minerals. These play a vital role in everything from energy production to recovery. As well as minimizing the effects of free radicals which can increase with activity and sun exposure.



Protein shakes- Not hungry but know you need to get your calories down? Protein powder is a quick, convenient, and effective way to get vital nutrients into your body.



Celery with peanut butter- Good fats, protein, minimal sugar, not to mention it's delicious and the celery is packed with vitamins!

Meal Timing Options

There are 4 general options that you have when deciding how often to eat during the round and when to do it...

1. Snack moderately throughout

If this is what you choose to do, we recommend eating a little every three holes.

2. Eat a full meal at the turn

If you are looking for a single larger meal somewhere between holes 8-11 is your best bet. This will be when you are far from your pre round meal, and it will carry you to the post round meal just fine.

3. Small snacks on both sides and a small meal at the turn

THIS IS WHAT WE RECOMMEND! We recommend a bit of snacking combined with a meal, and encourage everyone to make smart choices, be prepared, and try each route to see what's best for you.

4. A pair of small meals/ snacks midway through each side

If you are going with multiple small meals we recommend eating between holes 5-7 and holes 12-14. This spacing will keep you full but not have you sluggish.

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