

# Post Round Nutrition

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Recovery Today for Performance Tomorrow



\*This guide is not meant to be a substitute for professional or medical nutritional assistance and/or recommendation, rather it is meant to present information for educational purposes. You should never change your diet without first consulting your doctor.\*

## Post Round Nutrition

So your round is over. You shot a 77 and you're thrilled because you normally land in the mid 80's. But your body also felt different today, it wasn't just your score that was changed...

**You were prepared!**

You had a few egg whites and some oatmeal for breakfast before the round, and a tuna sandwich with avocado at the turn. Not to mention a handful of almonds to snack on during the rest of the round.



**Hydrated? You bet!**

**Supplementation on par? Check that box too.**



The only thing left is a nice post round meal to recover. What to eat now?

Quick carbs and lean protein, and maybe a little bit of fat. That's right I said **QUICK CARBS**; simple, fast absorbing, even with a little sugar.

After walking for 4 hours and 77 high-powered anaerobic bursts with those new custom fitted clubs you are physically depleted. Your muscles have given it everything they've got and they need nutrients to restore glycogen and recover. You'll want to accomplish this quickly and effectively, without going overboard.

### *Heres a few tips to get you started*

- Follow a ratio of 50/50 complex:simple carbs. The leaner you are the more you can skew that ratio in favor of simple carbs without risking fat gain.
- Keep the fats low to allow the other nutrients quicker absorption into the body, somewhere between 5-10g of healthy fat will be appropriate
- Anywhere from a 1:2 to 1:4 ratio of Lean Protein: Carbs will be appropriate, depending on your body type, and current goals (higher ratio will support making muscle gains better)
- While you do not need to slam your meal before you even walk off the 18th tee, you should get it down within the hour for the best results.
- If you are lean enough that your abs are showing, consider that your green light to go higher in simple carbs, and you can even try eating only simple carbs.
- Protein should be anywhere from 20-40g depending on bodyweight. A good rule is to divide your weight by 6, and eat that many grams per meal.



- **Good sources of quick carbs** include honey, fruit, fruit snacks (my personal favorite is Scooby Snacks!) Gatorade G2, white rice, jelly, flavored rice cakes, even Sweet Tarts! (sweet tarts are pure dextrose, a super fast absorbing sugar so it may be a good idea to combine them with a complex carb)
- **Good sources of complex carbs** include brown rice, oatmeal, sweet potatoes, Ezekiel Bread, quinoa.

### Sample Post Round Meals To Pack for the 19<sup>th</sup> Hole

- Tuna sandwich on wheat, with avocado and spicy mustard and a small packet of fruit snacks or an apple
- A medium sweet potato, mashed, with honey and a scoop of protein (you can mix the powder in or drink it)
- 1/3 cup of brown rice, 1/3 cup of white rice and 6oz of grilled chicken
- 1 scoop Protein powder mixed in 8oz of chocolate skim milk, and 1 cup of oatmeal
- Turkey and reduced fat american cheese on wheat bread with a 16oz Gatorade G2

## CONGRATS YOU DID IT!

You now should have a good idea of how you should eat before, during and after a round for best performance and recovery. You should also have a good idea of what supplements are appropriate for your game, your body, and your goals. Now it's time to put it to practice, get consistent with it, and enjoy the benefits of **sound nutrition**.

\*\*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\*\*

