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Golf Nutrition for Better Scores

Many golfers don't give much thought to the fact that nutrition can play a major role in their golf performance both on and off the course. Good nutritional habits can help you on the golf course both physically and mentally. Meal timing and proper balance of food groups can give you great performance results. Poor food choices can create fatigue, frustration, and depression with your game, and yourself. Recreational golfer or pro, positive changes in your diet will help give your body the fuel it needs for a consistent and powerful round of golf.

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Three simple rules to follow that will help bring you better performance are: 1) Eat 5 or 6 small meals during the day rather than 2 or three larger meals. 2) Eat every couple of hours to keep your metabolism increased and your energy levels constant. 3) Make balanced choices containing some carbohydrates, proteins and fat.

It's a good idea to prepare for your round of golf by eating beforehand. If you eat two to three hours before the round, eat a snack containing carbohydrates approximately 300-400 calories. If the meal is four hours before play consume approximately 500-600 calories. Stay away from lots of sugars as it can affect your endurance.

It's also very important to consider hydration during play. Fluid replacement during a round is very important especially if the weather is hot and windy. Keep water handy as you play. If food is not consumed during play, your body has nothing for 5 or 6 hours. Combine this with exercise and low fluid intake and you'll have a situation that may cause a drop in your blood sugar. This can greatly affect your brain function and skill.

You want enough energy to allow you to finish your round strong and not depleted. If you find yourself low on energy by the 16th hole, your food intake could be the culprit. Golf demands a lot both physically and mentally. Your body needs a good balance of protein and carbohydrates for optimum function. Use the foods you eat as fuel to gain the competitive advantage you're looking for.

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