

## **NUTRITION**

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Your PERFORMANCE is directly affected by your nutrition

Does your golf game crash and burn around hole #12 or 13? Here's the good news...it may NOT be your swing! The even better news...it may be simple to fix! Your mid round collapse could have to do with what you are eating and drinking during golf, or more importantly, what you are NOT eating and drinking during your round.

Some players don't eat at all during their round. When you go too long during physical activity without eating or drinking, your blood sugar drops. Low blood sugar levels can cause you to FEEL lightheaded, shaky or weak. These symptoms are easy for us to recognize and respond to. However, before you feel these symptoms, you often lose concentration, which can affect decision making. Which may explain the poor club selection on #11, or, going for that back right pin on #10!

Many golfers eat at the turn, often grabbing the easiest thing to eat, maybe a candy bar, nutrition bar or sports drink to help get through the rest of the round. Well, by the turn, you have been physically exerting yourself (some more than others) for the past 2 hours, your blood sugar is lower than when you started, then you grab a sugary snack and instantly feel better, except now you are hitting 3 foot putts 4 feet by the hole. Your snack choice has caused a spike in our blood sugar, by hole 14 or 15 our blood sugar will have crashed again, leaving us feeling drained and looking forward to lunch more than the score we have to post!

Solution: Eat something an hour before your game and then eat small snacks throughout your round. Maybe eat every 6 holes. So you are eating 2 times during your round instead of once. What you eat is important too. White breads and refined sugar cause spikes in your blood sugar level. So stick to eating lean meats, whole wheat breads, nuts & seeds, fruit, veggies or a protein bar with a low amount of sugar. It's also important to drink constantly! There is a product you can buy at a health food store called Emergen-C. In a green packet, it contains electrolytes your body needs to stay hydrated. It contains no sugar or sodium. It may not taste as good as a sports drink, but, just mix it in a cup of water, and it will be better for you! You may just feel & play better too!