

## NUTRITION

### 1. EATING WELL IMPROVES GOLF PERFORMANCE

- Eating well improves concentration, focus, and mood.
- Eat a balanced meal of lean protein, healthy fats, and good carbohydrates.
- Start eating balanced meals weeks before your tournament, not day of.
- Eat 3 meals a day, and 2 snacks.

#### FATS– FAVORABLE:

Macadamia Nuts  
Almonds  
Olives  
Guacamole

#### PROTEIN-FAVORABLE:

String Cheese  
Hard Boiled Egg  
Turkey Breast/Chicken  
Beef Jerky  
Natural Peanut Butter

#### CARBS– FAVORABLE:

Strawberries  
Grapes  
Banana  
Apples/Oranges  
Oatmeal

#### UNFAVORABLE:

Butter  
Sour Cream  
Cream Cheese

#### UNFAVORABLE:

Bacon  
Hot Dog  
Pepperoni/Salami

#### UNFAVORABLE:

Potato Chips  
Donut/Cookie  
Baked Potato

### 2. HYDRATE– DRINK WATER

- Rule of thumb is drink half your body weight in ounces of water daily (120 lb– 60 ounces water)
- Drink more if the temperature is hot outside, and if you are more physically active. Drink water even if you are not thirsty. If you are feeling thirsty you are already dehydrated.
- Best to SIP cool water on each hole during the round. Gatorade contains too much sugar. The G2 formula has less sugar than normal Gatorade.
- If you are **properly hydrated** your urine color will be clear or pale yellow, if you are **dehydrated** your urine color will be bright yellow, amber, or dark yellow.

### 3. BLOOD SUGAR– CONTROL SPIKES

- If you don't eat in a 4 hour round blood sugar drops off and performance suffers.
- Gatorade, Sodas, and sugar-filled snacks rapidly dump carbohydrates into your bloodstream. This only gives you a short burst of energy and will lead to an energy crash 45-60 minutes later. As blood sugar crashes, mood gets worse, focus and concentration diminishes, and performance drops off.
- Snack during the round– Kashi bars, Balance Bars (20grms carbs/10grms protein), nuts, dried fruits, apples, natural peanut butter, beef jerky.

### 4. SLEEP– 8 HOURS PER NIGHT

- Your BODY needs a good nights sleep to repair, recovery, and heal itself after a physically and mentally tough day on the golf course. Inclement weather makes your body work harder to do the same activity. Sleep is a must to continue to perform at an optimum level.

### 5. WEBSITES WITH MORE INFORMATION

- [www.mytpi.com](http://www.mytpi.com)
- [www.precisionnutrition.com](http://www.precisionnutrition.com)
- [www.justinsnutbutter.com](http://www.justinsnutbutter.com) (Whole foods, Trader Joes)

### 6. READ NUTRITIONAL FACTS LABELS

