

NUTRITION FOR GOLF



**PRECISION
ATHLETICA**

Golf can be played in all weather conditions, which means that being prepared with different fuel and hydration options is really important for a golfer to be able to adapt to the conditions at hand.

A general healthy eating pattern day-to-day helps to support optimal body composition and maintenance of lean muscle mass. Individual nutrition requirements will be determined by training load, specific athlete needs, training goals, body composition goals, health and adjustment for growth in younger athletes.

During a tournament, hydration is crucial.

Dehydration can lead to fatigue, reduced skill performance, impaired ability to focus and concentrate for longer periods, and in severe circumstances can result in heat illness. Fluids should be carried in your golf bag around the course, with a variety of options including cold water to assist cooling body temperature down and palatability.

Drinks with added electrolytes and carbohydrates can also be useful to assist replacing lost fluids and topping up energy levels, but the need for these depends on the individual. Monitoring individual sweat rates and determining your individual fluid requirements can be done with an Accredited Sports Dietitian.



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Golfers should aim to fuel well prior to tee-off time.

Aim to include a meal rich in low glycaemic index (GI) carbohydrates and protein around **3 hours before**. This pre-competition meal should also include fluids to make sure you are well hydrated.

Depending on tee-off time, a small snack should also be included **~1-hour prior**, smaller in size than your main meal but still containing low GI carbohydrates and a small amount of protein.

For golfers who are nervous before competition or struggle with poor appetite, a smoothie is a great option as this is easier to digest.

A round of golf can last hours, so it's important to be prepared with snacks in your bag. It's better to have more than what you think you will need than to have less and end up feeling hungry and tired during a round.

Due to the varying start times of competitions, you may be missing a main meal, so snacks are important to make sure you top up energy levels.

Having a small snack every 4-6 holes can be helpful for maintaining concentration.





Good snacks to include in your golf bag include:

- Fresh fruit
- Fresh vegetable sticks (e.g. carrots, cucumber, or cherry tomatoes)
- Small handful of mixed nuts
- A healthy muesli bar or nut bar such as Barley+ muesli bars or Carmens nut bars
- A more substantial snack, such as yoghurt in a squeeze pack for the convenience, a chicken and salad wrap (keep cool in a cooler bag with an ice brick), or Sirena Tuna & rice packs (these are great because they don't need refrigeration or warming up)

Fluid options to keep in your golf bag:

- Keep cold water in your bag, as this will help with cooling your core temperature down on hot days
- Hydralyte or Aqualyte are great lower sugar electrolyte replacement options for warm weather days
- Powerade or Gatorade are also great electrolyte replacement options for hot days, when you need to replace lost fluids and also replace energy as these options are high in carbohydrates

What about supplements?

- Remember that electrolyte replacement drinks are supplements.
- While on the golf course, you may also benefit from additional supplements such as caffeine, however it is really important to make sure that you speak to a Sports Dietitian first to ensure anything you use is safe and effective, and the dose is individualised for your requirements.
- We recommend that any golfers below 18 years of age avoid any use of supplements due to their developing bodies potentially being unable to metabolise concentrated forms of nutrients, and food being able to provide all the nutrients the body needs for performance.

For help with an individualised nutrition plan to aid your golfing performance, make sure to contact [Precision Athletica Sport Dietitian - Kelsey Hutton](#) for advice.