

“ Nuts to You”

First of all, don't be offended by the title. They say you should try to grab your readers somehow, and I hope this grabs you. Trust me, I will relate this title to your golf game. Have you thought much about your nutrition, and how it relates to your golf game?

First of all, we need to have lots of energy, and keep it up for at least four hours or more, the time it takes to play eighteen holes of golf. Complex carbohydrates, with some protein added in should do the trick. Our blood mass, which we need in our muscles, and our brain, should be full of nutrition about a half to a full hour after eating. If we try to golf too soon after a meal, our blood mass is centered around our stomach and intestines, and it will be harder for us to warm up the muscles, and have enough left over for our minds to work efficiently. So allow time for your digestion, and have eaten enough to survive the rigors of playing.

Keeping properly hydrated is another issue. Our brains are about 90% water, and our blood is mostly water. If energy, proteins, and other vital nutrients can travel freely throughout our body (via the watery medium), we have a much better chance of functioning well, especially in hot weather. The experts tell me that 75% of Americans are in some stage of dehydration, and that our thirst response tends to diminish as we age. When hot, physicians tell us not to wait until we are thirsty, to sip away as we play. Avoid alcohol, as it tends to dehydrate the body. A twelve ounce can of beer tends to eliminate about twenty ounces of fluids. Sugary drinks can be good but in moderation. A sugar high can lead to a sugar low, which could affect that three footer on the last hole.

Keeping your energy up during a round is a must. Good things to eat are, nuts, raisins, or any slowly digestible energy source, that doesn't fill you up. If you are sweating a lot, you might eat the nuts with a little sea salt to try to retain the balance that can make you play your best.