

## Healthy Snack Ideas for Golfers

Proper nutrition is a key part of healthy living and while better options are now being offered at many golf course snack shacks, the majority of food consumed on the golf course is well, not exactly healthy.

Alcoholic beverages, hot dogs, and chips are all too often the choices made by many golfers. These golfers are likely consuming more calories than they are expending (especially if they are riding in a motorized cart) thereby reducing the healthy benefits of playing a round of golf.

On the flipside are the golfers that do not eat enough throughout their round. Golf is a sport that is played over a prolonged period of time and therefore places high energy demands on the body. Many golfers do not consume enough calories to sustain their energy resulting in fatigue. This may lead to 'tired' golf swings or a reduced ability to focus or concentrate thus increasing the propensity for errors as the round progresses.

Consuming enough calories in the form of healthy choices can improve your game. Here are a few healthy snack ideas for golfers...

- Fruit - bananas, grapes, and apples are very portable. For a yummy treat – sprinkle cinnamon on sliced apples in a zip-lock bag.
- Sliced veggies - carrot sticks, celery, sliced cucumber, peppers, broccoli, and cauliflower are all easy to munch on while playing.
- Trail mix – make your own combination of nuts, seeds, dried fruit, or cereal.
- Bagels – opt for whole wheat or multi-grain
- Granola bars, fruit bars, protein bars, etc...

It's also very important to stay hydrated on the course. Drink plenty of water while you play or make a homemade sports drink by mixing your favourite fruit juice with water and adding a pinch of salt.

To sustain your energy throughout the round, have a small snack every few holes. It may take a bit of planning or commitment to make better choices but the results can include a better sense of well-being and a better golf game.

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