



# The Energy Game

Fueling up for golf requires eating the right foods at the right time. **By Dana White**

**T**he back-nine slump happens to the best of us. On the front nine you're a star, but after the turn you hit a wall. Your muscles go weak, your brain goes fuzzy and your game goes south.

What gives? You ran low on a key ingredient your body needs to function at its best. Muscles and cells need carbs to keep going, but if you don't eat—or you eat the wrong things—you're shortchanging your body.

"Your blood sugar fluctuates over four hours," says nutritionist Heidi Skolnik, who advises the New York Giants and the American School of Ballet. "You're not burning a ton of calories, but golf is mentally strenuous."

Eating the right foods is vital, but timing is everything. "Start with a good breakfast or lunch," says Skolnik. "Within an hour you want to start taking in energy before you get tired."

"For a four-hour round, you need to start with a real meal, followed by two adequate snacks," says Keri Glassman, an avid golfer and president of KKG Body Fuel, a nutrition counseling firm in New York City. She recommends foods such as fruit and whole grains that are low in fat and high in complex carbohydrates. "They not only keep you going, they provide vitamin B, which boosts concentration," she says. Don't skimp on the protein. Nuts are an excellent source, but animal fats like bacon or hot dogs are not. "They sit in the stomach and pull in blood from the rest of the body."

The low-carb diet fad has given bananas a bad name because they're high in sugar, but go ahead, indulge: They're high in potassium, an essential mineral. Besides, bananas beat candy bars. Processed sugar gives your blood sugar an instant boost, but it will plummet just as quickly. □

## Eating Around: A Hole-by-Hole Guide to High Energy and Low Scores

Nutritionist Keri Glassman lays out a strategic food plan for balanced blood sugar levels.

