

THE ULTIMATE DIET

Eat your way to lower scores with this recommended golf meal plan. By **Joanne Turner**



>> MID-ROUND SNACKS

These need to give you sustaining carbohydrates for muscle and brain energy, such as: a low-fat muesli bar, a cup of green grapes, water and an electrolyte sports drink.

>> BREAKFAST

Start with a large smoothie – great for hydration, full of protein, low GI, long-lasting energy, and calcium and vitamins for muscle contractions.

Ingredients:

- 300ml skim milk
- 1 small banana
- ¼ cup of mixed berries
- 100g of low-fat yoghurt
- 2 tsp LSA (linseed, sunflower and almond meal)
- 1 cup of ice cubes

>> LUNCH

It's important to get a balance of carbs, protein and plenty of antioxidant-rich salad. Try a large multigrain roll with omega-3-rich salmon, which is great for reducing inflammation, and top with plenty of lettuce, tomato, cucumber, carrot and beetroot plus a schooner of soda water with added lime and bitters. Follow with two cups of fruit salad.

>> AFTERNOON TEA

Getting your 2-3 calcium-rich serves is important for healthy bones and muscle contractions. The perfect afternoon snack is 200g low-fat yoghurt. And remember to keep hydrating with plenty of water.

IT'S little surprise that walking six to seven kilometres and concentrating on getting a small white golf ball into a hole up to half a kilometre away can be gruelling work for your muscles and your mind. Great nutrition can't turn a mediocre golfer into a champion, but **poor nutrition can turn a champion golfer into a mediocre player.** Just like you use different clubs to hit different shots, different foods play a vital role in your performance on the golf course. Here is the ultimate diet plan to get the most out of your next game. ●

>> DINNER

A balanced meal at the end of the day is important to prepare for the big day you have planned tomorrow and to repair and refuel your muscles after today's game. An easy and nutritious dinner is lean rump steak and thinly sliced potato, both sprayed with olive oil, sprinkled with rosemary and char-grilled on the barbecue, served with greens or salad of your choice. Also, blended fruit whip: watermelon, frozen raspberries, mint, a squeeze of lemon and one cup of crushed ice cubes. Blend until smooth.

>> DESSERT

Apples sprinkled with brown sugar and cinnamon, heated in the microwave, served with low fat custard and 2 almond bread pieces.

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