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Golf Nutrition Benefits: Better Body, Better Mind, Better Game by [Travis Belfon](#)

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Just like any other athlete, golfers need to be in top condition in order to give their best performances. They need to be able to play long courses, sometimes over several hours. Good nutrition is vital in this effort.

Sound Golf Diet

Not many years ago, the role of good nutrition was largely overlooked in golf. Because it is a relatively slow-moving, non-aerobic sport, golfers did not often correlate a proper balanced diet with top performance. As such, many golfers suffered from fatigue and diminished concentration long before they reached the 18th hole.

Golfers need to eat healthy foods from a well balanced diet that will provide them with a long-term boost during training and golf games. Adopting a healthy diet not only boosts performance but also facilitates faster recovery rates for any resulting muscle injury. Many golf nutrition experts advise eating a balanced, high-protein/ low-fat diet including lean meats, eggs, poultry, and fish, along with green leafy vegetables and fruits. Foods such as oats and whole wheat facilitate a slow release of carbohydrates and can provide golfers with the stamina needed for hours of activity when paired with a proper protein-containing food. However, starchy carbohydrates and sugary foods like white bread and potatoes are poor choices that often leave golfers feeling tired in a short amount of time.

Adequate hydration is also important. Drinking eight to ten glasses of water a day is recommended (whether you're playing golf or not!). A golf drink such as GolferAID that contains supplements to provide long-lasting energy and improved mental focus can also be consumed during training and games. Caffeine and alcohol should be avoided before and after a game or training session. Caffeine inhibits proper control as it can cause over-stimulation of muscles and "jitters," while alcoholic beverages can affect mind and body coordination. With this in mind, you should also be wary of any golf drink that contains even small amounts of caffeine.

If you feel tired by the 9th hole, it's probably time to review your golf diet. Do you eat the right foods for building a strong, energetic body and an attentive mind? You may want to consider integrating GolferAID into your golf nutrition. This low calorie, zero-caffeine golf beverage has all natural ingredients to help you achieve maximum golf performance. Visit www.golferaid.com to learn more details about the drink and how it works.

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GolferAID is a [golf drink](#) with all the essential ingredients to improve golf mental and physical abilities. To Learn more about this exciting and powerful solution for improving golf performance through a [golf nutrition](#) visit www.golferaid.com.

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