

NUTRITION

EAT, PLAY, LOVE

Step away from the power bar! Our expert offers four golf superfoods that will help you become a lean, mean, birdie-making machine.

WHOLE GRAINS



SUPER STATUS

Whole grains are fiber-rich carbohydrates that provide long-lasting fuel and help lower cholesterol. They contain valuable antioxidants not found in fruits and vegetables, as well as vitamins B and E, magnesium, iron and fiber. Whole grains have also been shown to reduce the risks of heart disease, stroke, cancer, diabetes and obesity.

YOUR SNACK ATTACK

Avoid processed breads made with refined flour, which quickly turns to sugar.

To feel full longer, add whole grains to your diet through cereals by Nature's Path, KIND Healthy Snacks, and sandwiches made with 100 percent whole-grain bread.

ALMONDS



SUPER STATUS

Packed with vitamins, minerals, protein and fiber, **almonds** are also a source of vitamin E, copper, magnesium, and high-quality protein. They help you stay satisfied and full on the course longer than other snacks do. Almonds also contain high levels of healthy unsaturated fatty acids, which can help prevent cardiovascular disease.

YOUR SNACK ATTACK

Amp up your almond intake before and during your round. Toss them in cereal or oatmeal, or spread almond butter on fruit or whole-grain bread. [Almond butter is also great right from the jar.]

Keep almonds in your bag for instant on-course energy.

COCONUT WATER



SUPER STATUS

Sports drinks tend to contain a lot of sodium, but because golfers tend to perspire less than other athletes, less sodium needs to be replaced. This makes **coconut water** a better choice. It's low in calories and fat and has great hydration power. It has 200 mg of potassium, 25 percent of your daily vitamin C, and the electrolytes necessary for proper muscle contraction and energy generation.

YOUR SNACK ATTACK

If you don't like the natural flavor of coconut water, Vita Coco Kids comes in three flavors (apple, cherry and punch). And at only 35 calories and 8 grams of sugar, **it's a great alternative to sugary sports drinks.**

CHIA SEEDS



SUPER STATUS

The **chia seed** is a popular superfood that provides essential fatty acids, including omega-6 and omega-3. The seeds are loaded with protein, vitamins and minerals and contain more antioxidants than blueberries, more calcium than milk and more fiber than most bran products. They're also hydrophilic—they can hold 10 times their weight in water, so they help keep you hydrated.

YOUR SNACK ATTACK

Try chia seed pudding from the Chia Co.'s Chia Pods, which come in eight great flavors. The high-fiber content helps you feel full faster and satisfied longer. **Chia seeds can help fight the effects of swing-sapping dehydration.**



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