

NUTRITION

THOUGHT FOR FOOD

It takes more than a sound swing to go low. Steal the nutritional secrets of these Tour winners to feel better—and play better, too.

AARON BADDELEY

Nutrition goal: "I limit carbohydrates and maximize high-protein and good-fat foods to avoid that afternoon lull."

Typical breakfast: Eggs, avocado, grass-fed steak



TRY THIS: "Go easy on simple carbohydrates like white bread to avoid the energy crash in the afternoon," says dietitian Sharon Richter. "But complex carbohydrates, like those with fiber—such as oatmeal—are a great source of energy and will help you feel full longer."

ROBERT GARRIGUS

Nutrition goal: "When I'm working out hard, I eat about 6,000 calories a day to try to put on muscle."

Typical lunch: Pasta



TRY THIS: "To build muscle, you need protein and water," Richter says. "Make sure to constantly hydrate. Don't wait until the end of the day to chug water, or it will interrupt your sleep. Also, add lean protein to your pasta, like shrimp or lean turkey meatballs."

BILLY HORSCHER

Nutrition goal: "I love sweets, especially cookies and candy. This year, I'm cutting them out and will only indulge once a month."

Typical snack: Beef jerky



TRY THIS: "It's smart to watch your sugar intake, but deprivation often leads to bingeing," Richter says. "You may be tempted to eat a whole bag of cookies on your 'cheat day,' so keep some healthy, satisfying snacks on hand. I like Kopali Chocolate Espresso Beans and Balance Dark Chocolate peanut butter bars."

KEVIN NA

Nutrition goal: "I stay away from grease and heavy, fat foods, but keeping my carbohydrate intake down is hard because I grew up eating a lot of rice. I just love it."

Typical dinner: Sushi



TRY THIS: "You might still feel hungry if you're not taking in enough healthy fats," Richter says. "Look to incorporate avocado, salmon and raw nuts into your diet. A limited amount of simple carbohydrates like white rice is good, but I recommend adding some complex carbohydrates like quinoa."



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