

This '5-10-15' rule is a smarter way to snack on the golf course

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We typically burn 700 calories plus during an 18 hole round. Therefore we need to try and replenish that energy as best we can. Not eating enough on the course can cause low energy, loss of focus, poor mood and even shorter drives! 700 calories plus can seem intimidating but breaking it down into 3 using the 5,10,15 strategy makes it much more manageable.

A decent breakfast before you go out can help you put some fuel in the tank for your round. Ideally this would be at least an hour before your tee time and should contain a good balance of slow releasing carbs, protein + healthy fats. Variations of egg on whole-meal toast here would probably be my go to.

Packing your bag with a couple of bottles, a chicken salad wrap, a banana, and an energy bar would put you way ahead of the game. Nutrition is such a low hanging fruit (pun intended) to improved performance, yet it's one very few golfers take advantage of so, get yourself ahead of the game!

Before the course: Breakfast and hydrate

On the course: between green and next tee, hydrate

hole 5, a small snack—nuts, or granola, or cereal bar

hole 10, a light meal—chicken salad wrap or equivalent

hole 15, a small snack—banana, or apple