



The Golfer's Diet: A Daily Plan for Par Performance

Scott Kramer

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For golfers struggling to figure out how to improve their game, the answer might be a new diet rather than a new set of clubs. In his new book, *THE GOLFER'S DIET*, sportswriter Scott Kramer shares his expert knowledge of how nutrition can greatly affect a player's performance on the golf course. This how-to nutrition guide will help players learn in general terms what kinds of foods to eat before, during and after a round of golf to help achieve their peak performance. Kramer explains why the most popular food items at golf courses are often the worst ones for your golf game, and outlines what healthier choices to substitute in their place. PGA and LPGA Tour pros tell first-hand what they eat, when they eat it, and what foods they avoid to help take their game to the next level. After reading this book, players will know how to fuel their bodies, have more energy, less sluggishness, and fewer jitters throughout their golf round.

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