

Anika Varma emerges best Indian in fifth place at Hero Women's Indian Open **p36**

# GolfPIUS **JUNIOR**

November-December 2019, Bi-Monthly

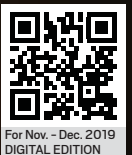
## **GP** JUNIOR ABU DHABI WORLD CHAMPIONSHIP 2020 MAY | ABU DHABI



### INSTRUCTIONS

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- GOLF SPECIALISATION

ARE YOU READY TO COMPETE WITH THE WORLDS BEST?



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# SPORTS NUTRITION

AT  **TARUN  
SARDESAI  
GOLF  
ACADEMY**

POWERED BY QUA NUTRITION



Ryan Fernando, Founder of Qua Nutrition and Head of Nutrition at TSG Academy

At TSG Academy we firmly believe that Nutrition is the key to a golfer's success. Whether it is the everyday menu or personalized plans for our students, there is no taking a shortcut here. With Ryan Fernando of Qua Nutrition at the helm of managing our students' nutrition requirements we strive to teach them about fuelling their bodies correctly, for performance.

**W**orking at the TSG Academy is an enlightening experience for any sports nutritionist. The energy during the game has to be distributed in such a way that the player has to have access to it when it is his turn to hit the shot. And, it has to last at least 5 hours each day for anywhere between 1-4 days. Add to this carrying the golf set weighing anywhere between 15-20 kgs.

When I spend time with the kids at the TSG Golf academy, I realize that the regime involved in creating a world-class golfer doesn't start when you win your first pro tour. It starts from the age when you pick up a golf club. The key changes that I set about working on in the nutrition program are to look at the children's age, gender and cultural predisposition. Eating is the key to growth for children. When a kid under eats, growth can be compromised. Many a times parents do not understand while forcing their children to pursue a sport by pushing them over the brink the human body triggers an evolutionary safety mechanism which will not allow for further intake. This happens with children who train a lot and therefore do not eat. In Academies and in Sporting Schools it is important that children are given the right type of food in the right quantities and at the right time.

At TSG Academy we have taken into account the training schedule, scholastic calendar as well as extra-curricular

activities and then coupled them to the physical assessments, the blood parameters and genetic tests. These diagnostic assessments help us gauge the child's current predisposition to growth, how to plan their nutrition and how to execute planned counselling's every month such that we are able to monitor the growth and the progress and the recovery of the child hand in hand with the golf training program. The choice of dishes keeps in mind locally available produce as well as the flavour profiles of the children. Children if found deficient in Vitamin D, Calcium or Vitamin B 12 have been recommended a supplement under proper medical nutrition guidance. It's important for parents to know that a player cannot be developed without world class training, world class nutrition and world class infrastructure.

If you act early and you teach a child to eat right as being done at the TSG Academy, it plays on the players thinking as one matures into a golfer.

Small amounts of energy rich foods are



Academy dining hall

suggested for intake in small frequent meals before, in between and after the play. Hydration along with food is important to cope up with the water loss from the body while playing in sun. Replace the lost body weight in an activity with the same amount of Fluids. So, if you lose 1 kg whilst playing make sure you replace 1 litre during and almost immediately.

I have worked with leading golfers in India for over a decade. Every golfer has a flaw in their nutrition and it is very challenging to bring about immediate changes in their food behaviour or food choices and hence their ability to fall back on food in a positive way is sometimes lost in older athletes. In younger athletes we develop a regime and a scientific awareness to a young mind on why they should be eating and what they should be eating and when they should be eating. This will result in greater coaching ability in food discipline and mind as well as the safe balance of the child.

Feeding children and teenagers comes with its own set of problems. Young children have a limited diet as compared to adults and their expenditure is almost equal to their consumption because of their hyperactivity. Constant supply of equally divided energy will help to maintain positive energy balance in young restless bodies. As for trainees, right nutrition from a young age will help them build good stamina for bigger events. Acquiring a good nutritional status is not

**SOME POINTERS THAT WE TAKE CARE WHILE PLANNING THE DIET INCLUDES:**

- 1 Including nutrient dense food including carbohydrates, proteins and fats.
- 2 Drinking fluids at least 50% of the person's body weight to compensate for water loss while playing in the sun.
- 3 Portion your food well and in advance.

an overnight miracle. Carefully building it and maintaining it will help attaining the goal much faster.

Including energy rich foods should consist of good amounts of carbohydrate rich foods along with protein rich foods that help keep the player stay full for long as well as use energy from energy stores instead of fat stores/muscles that helps to maintain a positive energy balance. A carbohydrate provides for instant energy required by the body and protein helps to strengthen muscles for hitting the ball.

Inclusion of high-density fats with foods such as almonds, cashews, fish and sea foods provide the body with omega 3 fatty acids which helps improve eyesight and brain health. This helps them focus on the game and improves attention and concentration.

As much as food is important, water also is essential during the play. A lot of fluid is lost from the body via sweat and urine and can cause dehydration on the field. To combat this problem consuming water regularly will help reduce water loss from the body.

Another important aspect of maintaining good nutrition includes portioning our

food. Portioning means having a meal planned and following it. A well-designed meal plan helps us monitor our food intake and make changes accordingly. This has to be done gradually with major to minor changes instilled slowly. At TSG Academy students are taught to weigh their food to know exactly how much is required specific to each of their body and constitution.

Like mentioned before, it is difficult to feed children and hence there will be a lot of untimely changes that have to be made to the diets with some exceptions. Including fresh and whole foods which do not contain any sort of additives or excessive salt or sugar will help maintain a good health. Fluids can include water and coconut water for consumption. Drinking fruit juices or packaged health drinks will give them empty calories which will compromise the nutrient value of the whole food.

Unlike other games, golf is a game that does not require a lot of energy at once. It requires small doses of energy for longer hours of play. Proper planning of diet and proportioning food will help attain maximum output from the children without taxing the body's health. [GPI](#)

**ABOUT QUA NUTRITION**

**QUA Nutrition** is one of the pioneer Nutrition companies with branches in India as well as Eclinics spread all across. Each Nutrition Plan is backed by more than 1000 hours of training taken by every qualified nutritionist in their specialized field and discussed by a relevant internal panel to suggest the best practices.

Ryan Fernando is a certified Performance Nutrition Expert. He is a nutritionist and counsellor for over 1000 prominent individuals spanning the top CEO's of the country, Olympic, Common Wealth, Asiad and International Sports Events medallists, participants and probable's, Extreme Human Endurance athletes, celebrities, children and those with complicated medical conditions.

**QUA SHARES SOME DELICIOUS RECIPES FOR GOLFERS**

**1. PANCAKE RECIPES FOR GOLFERS**

**VEGAN PANCAKE:** All purpose flour + Sugar+ Almond milk+ Baking Powder + Coconut oil + Sugar

**For topping:** Fresh fruit + honey

**Blueberry Banana Greek Yogurt Pancakes:** Greek Yogurt + Banana + Rolled oats + Egg whole + Almond milk + Baking powder + Vanilla extract + Blueberries

**Blueberry Chia Seed Pancakes:** Whole wheat flour + Baking soda + salt + eggs + honey + plain yogurt + milk+ chia seeds

**For Topping:** plain yogurt + lemon juice+zest+ blueberries

**2. HYDRATION DRINK FOR GOLFERS**

- Coconut Water (250 ml)
- Water + Chia seeds
- Isotonic Solution  
Water -500 ml  
Lime -1 Whole  
Honey -6 tsp (30g)  
Salt -A dash
- Rooh Afza Solution  
Rooh Afza -4 tsp (20 ml)  
Coconut water -250 ml  
Water -250 ml

**3. SNACKS FOR GOLFERS DURING TRAINING/MATCH**

- Granola bar (Rolled Oats + Dates + Almonds + Cranberries + Peanut Butter + Maple syrup / Honey + Cinnamon powder)
- Trail Mix (Cranberries/Blueberries + Pumpkin seeds + Pistachios)
- Paneer/Chicken Wrap
- Vegetable Cheese Sandwich

**4. POST TRAINING DRINK FOR GOLFERS**

- Super fruit Smoothie: 5-6 cherries + 1 Kiwi + 150 ml almond milk + 1 tsp chia seeds
- Chocolate Protein Shake: 150 ml Almond Milk/ Milk + 2 tsp Cocoa powder (unsweetened) + 2 tbsp brown sugar + 1 tbsp chia seeds + 1 tbsp hemp seeds + 1/2 tsp vanilla extract + pinch kosher salt
- Banana Smoothie: 1 Banana + 150 ml milk + 3 tbsp plain yogurt + 1 tbsp flaxseed + 2 tsp honey + 1 tsp chia seeds



Food at the academy dining hall

