

**Title A: Building a Healthy Jiu-Jitsu Diet**

Subtitle A: If you're looking for a competitive edge, try the following dietary changes.

**Title B: Here's Everything You Need to Know to Build a Healthy Jiu-Jitsu Diet**

Subtitle B: Is your diet holding you back? Here are a few clinically proven eating tips for a competitive advantage.

**Title C: Looking for a Competitive Edge in Jiu-Jitsu? Try These Dietary Changes**

Subtitle C: Many practitioners looking for a fresh advantage haven't tried one of the most proven methods – dieting.



[Source](#)

As a Brazilian jiu-jitsu practitioner, you should always maintain healthy eating habits. If you haven't been watching your nutritional intake, your day might look something like this: light breakfast on your way out the door, a sugary snack at some point, and then a very large meal for dinner.

Does that sound like you?

You may have already known this, but those are actually not the healthiest eating habits. And since they aren't healthy habits, they aren't contributing to your overall success as a Brazilian jiu-jitsu practitioner.

First, let's look at what is wrong with a diet like the one described above.

## The Price of Poor Nutrition



[Source](#)

We'll start at the beginning. By skipping breakfast or cutting it short, you are really [limiting yourself](#) in several key ways that are absolutely going to show in your grappling technique.

Breakfast really is the most important meal. Without it, you'll have a steep reduction in energy,

especially when you try to physically exert yourself.

Further, jiu-jitsu is as much a competition of intelligence and focus as it is one of physical prowess. You need to be in the right headspace every single session if you are going to roll your best and continue to grow as a practitioner. A poor breakfast limits the nutrients needed for proper brain functionality, which will worsen your mood, focus, perception, and awareness.

Lastly, skipping breakfast also makes you miss out on one of the most efficient nutrient uptake periods in the day. Protein, for instance, is best processed at two times: right after working out and when you wake up in the morning.

The second issue with these eating habits is in the mid-day meal. The best option for eating throughout the day is to do it in [several small, healthy snacks](#). Eating an excess of sugar from sources like junk food or soda at this point in the day causes a particular type of [inflammation](#) that is known to increase lethargy and decrease agility.

Lastly, you'll want to be highly selective in what foods you choose to eat for dinner and after working out. It is important to eat enough to have the energy you need, but you should try not to overeat or eat indiscriminately. We'll go over what foods *are* good for your large meal in the next section, but for now, know that your body will not properly compensate for rolling sessions and workouts if you don't eat a balanced recovery meal.

## Eating Right: How-To and Benefits



[Source](#)

You need to start your day off right in order to be prepared for a grappling session. This means eating a highly nutritious breakfast every single day. A big part of your morning meals should be made up of complex carbohydrates.

The body breaks down complex carbohydrates much more slowly than simple carbohydrates. This means that the energy comes to you as a much more balanced burn. This helps provide you with lasting energy throughout the day, all the way until your session.

You'll probably want to supplement that energy with some healthy, nutritious snacks. If you can, trade lunch out for 2-3 snacking periods that are high in the nutrients your body needs for peak functionality.

Healthy food like quinoa, nuts, colorful vegetables, and fruit are great options that will supply your body with various necessary vitamins and minerals. Again, do not allow any sugar into your body at this point in the day.

The one exception to this sugar rule is [dark chocolate](#). You may consider a small piece of dark chocolate as it is in fact a complex carbohydrate that contains some sugar. This will provide you with a good layer of energy as your day progresses without the usual fatiguing sugar crash.

After you work out or roll, you'll want to consume your largest meal for the day. During this meal, remember that your body is in [nutrient intake mode](#) right after you exercise. Your body is working its absolute hardest to repair the natural damage done to muscles when exercising. This is how muscles grow and get stronger. Protein is especially easy to process after a period of intense physical exercise.

When you work out or grapple, you form microscopic tears in muscle fibers. This is called [hypertrophy](#), and it is an essential function for getting stronger. Proteins from various sources like meat and legumes contain the compounds necessary to heal over these tiny tears in your muscles. This healing over is what causes your muscles to grow.

For this reason, skipping your post-workout meal is one of the biggest dietary mistakes you can make as a Brazilian jiu-jitsu practitioner. Much of the work that you do in a session will be lost if you don't take advantage of your body's natural processes through healthy foods and eating habits.

This meal is also when eating sugar can be beneficial. At this point in the day, your body is at an all-time high metabolic rate – it can make use of a sudden shot of energy during this meal.

## To Recap



[Source](#)

Some foods are only good during certain parts of the day, while others are best avoided entirely.

Always eat a balanced breakfast. Skipping breakfast will have many negative effects throughout your day, including a lack of energy when it comes time for your grappling session.

You should almost always avoid sugar. It will cause inflammation that is detrimental to athletic performance.

The best time to consume a large, protein-heavy meal is immediately after your workout or rolling session. Because of the way your body processes food at this time, you'll be able to take advantage of the extra nutrients from your food.

Overall, try to listen to your body. If you notice a reduction in energy, look back on your day and

consider what foods you ate that might have slowed you down and what foods you could have eaten to pick you up.

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