

Diet for Brazilian Jiu-Jitsu women athletes

Brazilian Jiu-Jitsu uses grappling and ground fighting techniques to gain control over a stronger and larger opponent. Brazilian Jiu-Jitsu athletes make their opponent submit by applying simple yet effective techniques like joint locks, compression locks and chokeholds. This is what makes Brazilian Jiu-Jitsu a good self defense technique that can be of special help to women. They can master the art by following a regular practice and exercise schedule. However, they must also complement it with an enriching diet that will help them develop strength.

Nutritional requirements for women are almost the same as those for men. They need a balance of all nutrients in their diet — from carbohydrates to vitamins, minerals, protein and calcium. Women Brazilian Jiu-Jitsu athletes can get carbohydrates from wheat, cereal, rice, pasta etc. They can get vitamins, minerals and fiber from vegetables and fruits. Women Brazilian Jiu-Jitsu athletes must also include dairy and meat products in their diet to get the calcium, zinc, proteins and minerals required for development of strong bones and muscles. They also need a small yet essential amount of fats, oils and sugar in their diet. Usually, they might not have to add these ingredients separately as they are present in the food. However, athletes must monitor their intake as an excess of these can result in weight gain.

Apart from the regular requirements, women need to pay special attention to the calcium level of their bones. Women are more prone to osteoporosis, reduction in bone density, arthritis and other orthopedic disorders than men. Women Brazilian Jiu-Jitsu athletes need to monitor their protein intake as an excess can lead to calcium excretion. Also, the nutritional requirements for women change with age as they go through hormonal changes. Depending on this, they have to modify their intake of nutrients like calcium, iron, magnesium, vitamins, protein and essential fatty acids. Women Brazilian Jiu-Jitsu athletes can consult their nutritionist to know the right combination of nutrients necessary for them.

Brazilian Jiu-Jitsu women athletes should also have a re-hydration plan. This will prevent them from heal illness and dehydration. They can sip water and look for sports drinks that replenish their body with sodium and electrolytes.

About the Author

For more information, please go to our site: <http://www.LloydIrvin.com> - Brazilian Jiu-Jitsu Maryland (BJJ) and Muay Thai Boxing Maryland, Virginia and DC’s own Lloyd Irvin is a Brazilian Jiu-Jitsu, Gracie Jiu-Jitsu (GJJ) and Grappling Hall of Fame Inductee. He is now offering Brazilian Jiu Jitsu in Maryland and a FREE 30 Day Trial of his Brazilian Jiu-Jitsu Maryland (BJJ), Thai Kick Boxing , Maryland Boxing and Mixed Martial Arts program.

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