

BELT LEVELS NUTRITION PRIORITY

BELT LEVEL	COLOR	NUTRITION PRIORITY
1	Yellow	Energy + hydration
2	Orange	Balanced meals
3	Green	Protein + hydration
4	Blue	Protein + carbohydrates + electrolytes
5	Purple	Energy balance + recovery nutrition
6	Brown	Muscle support + endurance foods
7	Black	High-performance diet + supplement

“**NUTRITION PRIORITY**” means giving **first importance to what you eat** in order to support your body’s health, energy, and performance.

👉 In simple terms, it means:

- **Choosing the right food at the right time** to match your physical activity, growth, or training.
- Making nutrition a **key part of your daily routine**, not an afterthought.
- Understanding that good performance in sports or daily life depends on good fuel for the body.

✅ Example:

- An athlete gives *nutrition priority* by eating balanced meals before and after training.
- A growing child gives *nutrition priority* by choosing healthy snacks instead of junk food.

✦ In sports like **Karate, Silambam, and Fencing**, **Nutrition Priority** means:

1. Proper energy for training and competitions.
2. Fast recovery and muscle strength.
3. Building long-term stamina and focus.

In short: 🗨️ **Nutrition Priority = Making healthy eating your first step to strong performance.**

Short Explanation of **Nutrition Priority**:

- a. **Energy:** Fuel your body needs to train, move, and perform effectively. Comes from carbohydrates, proteins, and fats.
- b. **Hydration:** Keeping the body well-watered to maintain focus, endurance, and prevent fatigue or cramps.
- c. **Balanced Meals:** Meals that include the right mix of **carbs, proteins, fats, vitamins, and minerals** for overall health and performance.
- d. **Protein:** Essential for **muscle growth, repair, and recovery** after training or competition.
- e. **Carbohydrates:** The primary source of **quick energy** for training and daily activity. Includes rice, oats, fruits, and whole grains.
- f. **Electrolytes:** Minerals like sodium, potassium, and magnesium that **maintain fluid balance** and prevent dehydration during intense exercise.
- g. **Energy Balance:** The balance between **calories consumed** and **calories burned** to maintain optimal weight and performance.
- h. **Recovery Nutrition:** Foods eaten **after training or competition** to restore energy, repair muscles, and reduce fatigue.

- i. **Muscle Support:** Nutrients (mainly proteins and certain vitamins/minerals) that help **strengthen and maintain muscles**.
- j. **Endurance Foods:** Energy-rich foods that sustain **long-duration activity** and prevent early fatigue.
- k. **High-Performance Diet:** A diet structured to **maximize athletic output**, including balanced macros, sufficient energy, hydration, and recovery foods.
- l. **Supplements:** Additional nutrients (vitamins, minerals, protein powders) used **only when needed**, under professional guidance, to support training and performance.

BELT-WISE DIET CHART (RECOMMENDED FOODS)

YELLOW BELT – BEGINNER (LIGHT TRAINING)

- **Goal:** Build healthy eating habits & hydration.
- **Recommended:**
 -  Milk / dairy, fruits, light breakfast.
 -  Rice, chapati, dal, vegetables.
 -  Eggs (optional), Chicken, nuts.
 -  5–6 glasses of water per day.
- **Avoid:** Junk foods, sugary drinks.

ORANGE BELT – BASIC TRAINING

- **Goal:** Strengthen muscles and immunity.
- **Recommended:**
 - Morning: Banana + soaked almonds + milk.
 - Lunch: Rice / roti + dal + veggies + curd.
 - Evening snack: Fruit + peanut butter toast.
 - Dinner: Light, protein-rich (dal, chicken, eggs, paneer).
- **Hydration:** 6–7 glasses water + tender coconut or buttermilk.

GREEN BELT – INTERMEDIATE

- **Goal:** Support higher energy needs & recovery.
- **Recommended:**
 - Add lean proteins: chicken, tofu, paneer, fish, eggs.
 - Complex carbs: millets, oats, whole wheat, rice.
 - Fruits (2–3 servings) & veggies (2–3 cups).
 - Pre-workout: Banana or dates. Post-workout: Protein snack.
- **Hydration:** 2–3 liters/day.

BLUE BELT – ADVANCED

- **Goal:** Muscle repair, endurance & stamina.
- **Recommended:**
 - High-protein breakfast (Eggs/chicken/tofu/paneer + fruits).
 - Balanced lunch with lean meat or dal + carbs.
 - Evening: nuts, seeds, fruit.
 - Dinner: light, with protein + vegetables.
 - Include hydration drinks (electrolyte water, tender coconut).
- **Extras:** Add omega-3s (flaxseeds, walnuts).

PURPLE BELT – PRE-COMPETITION

- **Goal:** Peak energy & strength.
- **Recommended:**
 - High energy meals 2 hours before training.

- Include slow-release carbs (oats, brown rice, millets).
- Pre-workout fruit or smoothie.
- Post-workout: protein-rich (paneer, egg, chicken, or lentils).
- Green leafy veggies + hydration with electrolytes.
- **Avoid:** Heavy oily food, fast food before training.

● BROWN BELT – TOURNAMENT PHASE

- **Goal:** Endurance + fast recovery.
- **Recommended:**
 - Carbohydrate loading before events (pasta, rice, banana).
 - Adequate protein intake throughout the day.
 - Recovery snacks post-training (fruit + protein).
 - Hydration with electrolytes and natural juices.
 - Include iron & calcium-rich foods (greens, ragi, dairy).
- **Extras:** Dates, nuts, seeds.

● BLACK BELT – ELITE ATHLETE

- **Goal:** Maintain top performance, strength & stamina.
- **Recommended:**
 - Structured meal plan: 5–6 small meals/day.
 - High protein (lean meat, eggs, tofu, paneer, fish).
 - Smart carbs (brown rice, quinoa, oats).
 - High fiber veggies, fruits, healthy fats (nuts, seeds).
 - Hydration plan with electrolytes, B-complex, vitamin C-rich fruits.
 - Optional sports supplements (as per doctor/dietitian advice).
- **Avoid:** Sugary drinks, packaged foods, excessive caffeine.

🕒 SAMPLE DAILY MEAL PLAN (FOR ACTIVE TRAINING)

Time	Meal	Example
6:30–7:00 AM	Pre-training snack	Banana / Dates + water
8:00 AM	Breakfast	Idli / oats / dosa + eggs/chicken / paneer + fruit
12:30 PM	Lunch	Rice / roti + dal / chicken / veggies + curd
4:00 PM	Pre-practice snack	Peanut butter toast / nuts + tender coconut water
6:30 PM	Post-training recovery	Milk + fruit / boiled egg / chicken/ protein snack
8:00 PM	Dinner	Light — roti / soup / veggies + protein
Before Bed	Optional	Warm milk / turmeric milk

💧 HYDRATION TIPS

- 2–3 liters per day minimum.
- Use **tender coconut**, **buttermilk**, or **electrolyte water** during heavy training.
- Avoid energy drinks with high sugar.

⚠️ IMPORTANT GUIDELINES

- Diet must **match age + training intensity**.
- Encourage **natural, home-cooked foods** over supplements.
- Supplements only after **consultation with a sports nutritionist**.
- Strictly avoid junk food, carbonated drinks, and fried items around training.
- Recovery meals should be taken **within 30 minutes after training**.

ANY ATHLETES MUST AVOID JUNK FOODS

Here's a clear and practical **list of common Junk Foods** that should be **limited or avoided**, especially for **athletes and students** in sports like Karate, Silambam, and Fencing 🙌

1. Fried & Fast Foods

- French fries
- Chips and crisps (potato chips, corn chips, etc.)
- Fried chicken, nuggets, cutlets
- Samosa, bajji, pakoda, vada (deep-fried snacks)
- Burgers and fried sandwiches

2. Sugary & Processed Snacks

- Cakes and pastries
- Cream biscuits and cookies
- Doughnuts
- Muffins with cream or icing
- Candy and toffees

3. Soft Drinks & Sweet Beverages

- Soda and cola drinks
- Energy drinks (with high sugar)
- Sweetened juices in packets
- Milkshakes with cream and syrups
- Flavored or sweetened teas and coffees

4. Refined & Processed Foods

- White bread and refined bakery items
- Instant noodles
- Pizzas with extra cheese
- Packaged and ready-to-eat meals
- Processed meats (sausages, salami, etc.)

5. High Sugar Desserts & Ice Cream

- Ice cream and frozen desserts
- Milk chocolates with high sugar
- Candy bars
- Jellies and puddings

Why Junk Food is Harmful for Sports Students:

- Reduces stamina and energy levels
- Causes weight gain and fatigue
- Slows down muscle recovery
- Affects concentration and focus
- Increases risk of lifestyle diseases over time

 **Better Alternatives:** Fresh fruits, nuts, sprouts, boiled corn, homemade snacks, smoothies without added sugar, and plenty of water.