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REVIEWER'S REPORT

Manuscript No.: IJAR-56041

Title: NUTRITIONAL PROFILE OF CHADIAN ELITE COMBAT ATHLETES: A QUANTITATIVE APPROACH IN THE PRE-COMPETITIVE PHASE.

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity		Good		
Significance	Excellent			

Reviewer Name: Dr. Sumathi

Detailed Reviewer's Report

- 1. Sports nutrition is the science and practice of providing the body with the right, tailored intake of nutrients—specifically carbohydrates, proteins, fats, fluids, and micronutrients—to maximize athletic performance, enhance training, and speed up recovery. It involves individualizing food intake based on training intensity and goals to prevent injury and fatigue.**
- 2. Energy intake is the total amount of energy (calories or kilojoules) an individual consumes from food and beverages to support bodily functions, metabolic processes, and physical activity. Measured in kilocalories or kilojoules, this energy is derived from macronutrients—carbohydrates, proteins, fats—and alcohol. It is a critical component of energy balance.**
- 3. Macronutrients ("macros") are essential nutrients needed in large amounts by the body to provide energy, promote growth, and maintain overall health. The three main categories are carbohydrates (fuel), protein (structure), and fat (function), which together make up the caloric value of food.**
- 4. Micronutrients are essential vitamins and minerals your body needs in small amounts for vital functions like growth, energy production,**

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immunity, and overall health, playing critical roles in metabolic processes, even though they don't provide calories like macronutrients (carbs, fats, protein). You get them primarily from a balanced diet of foods like fruits, vegetables, and dairy, as the body can't produce most of them on its own.

5. **Combat sports are competitive contact sports with specific rules where two opponents physically fight, using striking (punching, kicking) or grappling (throws, holds, submissions) to defeat each other by points, knockout, or submission, with popular examples including Boxing, MMA, Wrestling, Judo, and Kickboxing. They are regulated physical contests that simulate hand-to-hand combat, differing from traditional martial arts in their focus on competitive outcomes.**
6. **Pre-competition refers to the period, actions, and strategies—both physical and mental—that occur immediately before or in preparation for an athletic event. It includes routines designed to maximize focus, reduce anxiety, and ensure optimal performance, such as specialized warm-ups, visualization, nutrition, and mental rehearsals.**
7. **Key words are good but can be add more words.**
8. **Result part for tables should give graphs.**
9. **Some related pictures can be added in review part.**
10. **Summary points also be added.**
11. **References should be in alphabetical order.**
12. **After those changes good to publish in your journal.**