



Introduction to Nutrition for Rhythm Gamers

~Eat Well, Play Well~

Translated and localized from the following document:

[音ゲーマーのためのパフォーマンスを上げる無理のない食事の基礎 181222.pdf](#)

Author: @nin_iwsk

About me



- FUSEI3 (Europe)
 - aka 不正さん (欧州)
 - Lives in Finland
 - Good at beatmania IIDX
 - SP Kaiden / DP Kaiden
 - Scores ranked 30th-200th among world
- Playstyle
 - Little song analysis experience
 - No home equipment
 - Goes to a game center once in 2 weeks
 - Above are mostly covered with athletic performance

Abstract

- Eating with an appropriate quantity, quality and timing is one of the basic concepts for achieving the best performance in rhythm games.
- The first part explains basic knowledge such as appropriate nutrition balance and meal frequency.
- Next comes an explanation of cook-for-yourself and eating-out methods you can easily stick with. Self-cooking plays a major role in controlling nutritional value. Inexperienced cooks can start self-cooking without any hurdle, by going through several stages.
- Before and after playing rhythm games, ingestion of sugar and water is an element that increases performance, and snacking after playing contributes to making your body.

Topics

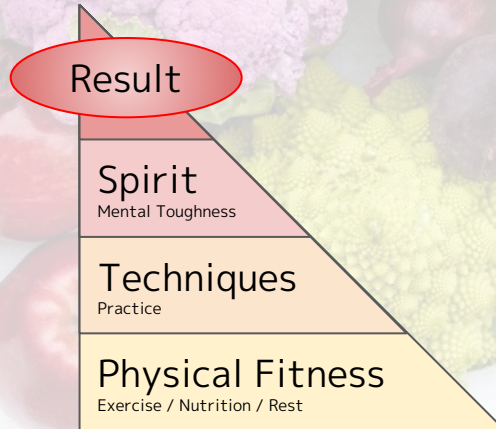
- Why is meal important in rhythm games
- How the six essential nutrients work on the body
- Trend of eating habits (in Japan)
- Rough diet policy
 - When you cook for yourself
 - When you eat out
 - When you play rhythm games
- Appendices
 - How to start self-cooking, author's case, etc.

Introduction

Why is meal important in rhythm games

Meal is a basic item in performance

- In order to fully demonstrate various techniques you've acquired, a body with "basic physical strength" is mandatory
- The basic physical strength is made from three elements - exercise, nutrition and rest
(This time we focus on nutrition)

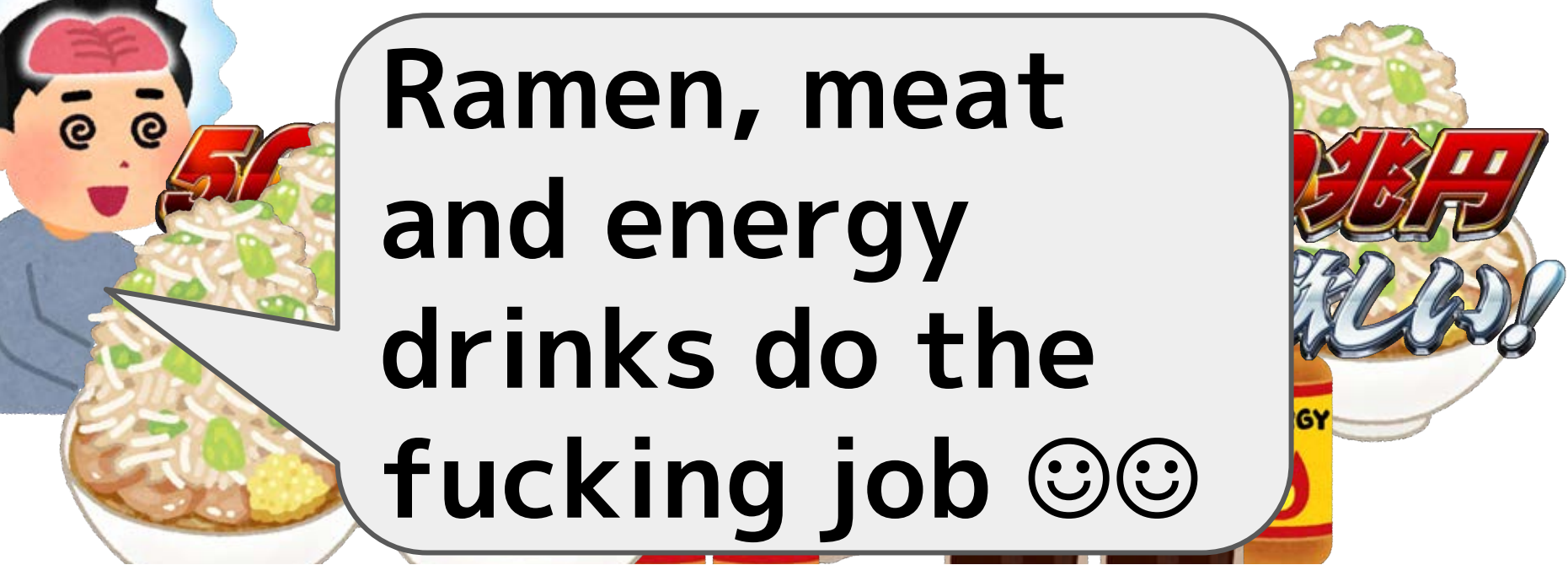


Role of meals in rhythm games



- Energy source
 - Supply enough energy (for gaming) to your body
- Improve basic physical strength
 - Add physical strength to perform hard songs
- Prevention of injuries
 - Make muscles, tendons and bones strong enough to withstand serious movements, and reduce the risk of failure
- Conditioning
 - Keep playing rhythm games in a better condition (some people intensively adjust for a limited time for the tournament)

To those who think
“Meal isn’t related to gaming
performance at all”



↑ Above is a meme in Japan “音ゲーマーの主食は魔剤とラーメン”



**Ramen, meat
and energy
drinks do the
fucking job 😊😊**



If you believe the given statement above, you are not aware that the nutritional balance is terribly biased. Should you not want to become a serious health condition that is too far from playing games, you can reconsider through this material.



**A guy eating ramen
frequently is good at
rhythm games too, eh?**



**A guy eating ramen
frequently is good at
rhythm games too, eh?**

**They still have a potential
to become more awesome.
Let's release that!**



**My parents cook,
so I cannot cook...**



**My parents cook,
so I cannot cook...**

**There are points to be careful of when eating out!
Also, consult with parents "I want to cook at home"
and challenge from easy things!**



**It's not the time.
Later, mate.**



**It's not the time.
Later, mate.**

**Small choices take actions,
Actions lead to daily habits,
Habits eventually become the way people live.**

**If you start from now on,
the achievements will be accumulated little by little!**

Let's confront the Internet memes

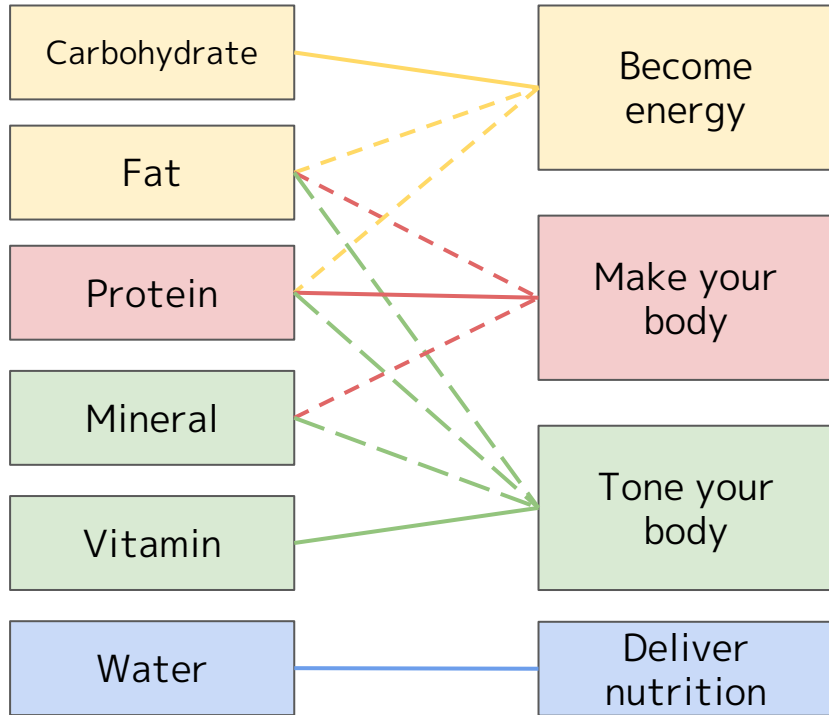
- Occasionally I see the content of "Rhythm gamers' staple foods are ramen and energy drinks" on the Internet (among Japanese though). If someone seriously thinks that, that person doesn't have any literacy to nutrition. (Frankly to say I'm worried about their health)
- This document doesn't have a content like "Easy performance improvement if you eat **something awful comes here**!" There is not much magical solution like that.

I am writing about the way of eating which is very common, practicable on a continuous basis and surely is effective.

Basic knowledge

Six essential nutrients

Let's confirm six essential nutrients



- Understanding six essential nutrients helps you understand why you have to eat properly.
 - [e-Health Net, Japan Ministry of Health, Labor and Welfare has been described with "three essential nutrients"](#)
 - Although there are other ideas to include dietary fiber, phytochemical etc., I personally like "5 essential nutrients and water" approach.

Roles of each nutrient (very roughly)

Carbohydrate

An energy source that moves the body.

Fat

Used as a material for hormones and cell membranes.
Also used as an energy source.

Protein

Used as a material for muscles, organs, bones, blood and other materials.
Also used as an energy source.

Minerals

Does maintenance and adjustment of body function. Not generated inside the body.

Vitamins

Does maintenance and adjustment of body function. Some of them are generated in the body, but they don't reach the necessary amount.

Water

Transports nutritional substances, discharges waste products, regulates body temperature by sweating and so on.

Other info to be remembered

Understand how much calories you need per day

- Let's take a look at [Japanese meal intake standard \(2015 edition\), page 7](#) (or [this article](#) if you aren't able to read Japanese)
 - **For 18 - 49 years old, if doing light exercise on a daily basis or are engaged in light physical work, the amount of energy required per day is**
 - **2000 kcal for women**
 - **2650 kcal for men**
 - Physical activity level (this is for Japanese reading material!):
 - Level 1: If you're sitting and static for the most of the day
 - Level 2: Sitting during the work, including cases of movement within the workplace, work at the standing position, customer service, etc., or commuting, shopping, housework, light sports, etc.
 - Level 3: Personnel including physical activities for work, or who have habits of active exercises in leisure such as sports
 - Let's understand roughly that the body weight will increase if the amount of energy consumed is large relative to the amount of energy required, and that the weight will decrease if less energy is ingested.

Example of actual meal and calories

Total calorie intake a day : 2570kcal

(The amount depends on cooking methods and ingredients, of course)



Breakfast:
grilled salmon
set menu
550 kcal



Snack:
Nuts
200 kcal



Lunch:
Chinese Kung
Pao bowl
700 kcal



Snack:
Rice Ball
220 kcal



Dinner:
Sautéed pork set
meal + salad
900 kcal

Intake balance of 3 essential nutrients

- aka PFC balance (Protein-Fat-Carbohydrate balance)
- Take a look at [Japanese meal intake standard \(2015 edition\), page 15](#) (or [this](#) if you cannot read Japanese)
 - **Protein: 13 to 20% of calorie intake (16.5% in the middle)**
 - **Fat: 20% to 30% of the calorie intake (25% in the middle)**
 - **Carbohydrate: 50 - 65% of the calorie intake (57.5% in the middle)**
- If you aim to 2600 kcal per day, PFC amount would be:
 - Protein - 84.5 to 130g
 - Fat - 58 to 87g
 - Carbohydrate - 325 to 422 g
- It is good to consider the amount stated above to decide which meal you have
 - I always think in the following processes; Always take a essential amount of fat / protein; Increase or decrease the amount of carbohydrates to adjust PFC ratio and consuming calories

Example of PFC amount in meals

Protein: 87g, Fat: 84g, Carbohydrate: 339g
(The amount depends on cooking methods and ingredients, of course)



Baked salmon
set meal
Protein 19 g
Fat 8 g
Carbohydrate 95 g



Nuts
Protein 6g
Fat 18g
Carbohydrate 7g



Chinese Kung
Pao bowl
Protein 27g
Fat 15g
Carbohydrate 108g



Rice balls
Protein 5g
Fat 1g
Carbohydrate 36g



Sautéed pork set
meal
Protein 30g
Fat 42g
Carbohydrate 93g

Issues of eating habits (in Japan)

Two things to mention

Tendency to skip breakfast



Lack of vegetable intake

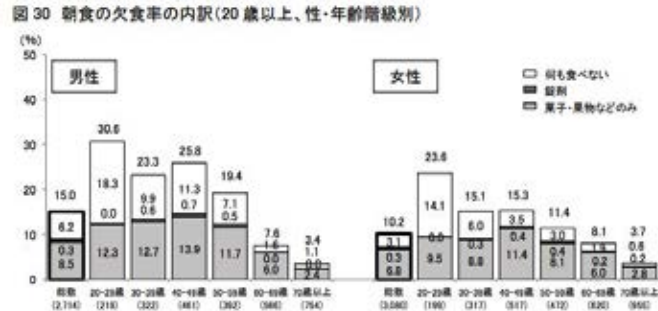


Even if you think "I'm doing a healthy diet and can deliver my original performance!", it's still worth checking them out.

Author: [@nin_iwsk](#)

Tendency to skip breakfast

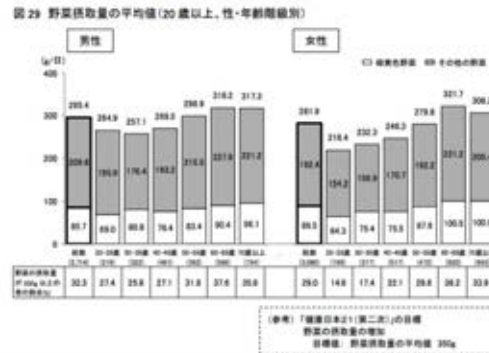
- The rate of skipping breakfast in 20's exceeds 25% for both males and females.
- Skipping breakfast
 - will increase the risk of biased nutrient intake
 - will cause fatigue, obesity, lack of concentration
 - is an indication that the eating habits become irregular (But this seems to be just a correlation)



Author: @nin_iwsk

Lack of vegetable intake

- In all ages, the average value of vegetable intake has not reached the target value aimed in Japan
 - Since there's an opinion saying "No need to take vegetables separately", I tried confirm the reason why; the statement mentioned that vegetables should be taken as the main source of potassium, dietary fiber and antioxidant vitamin



Know-hows in detail

How to think about dietary pattern

Objectives and conditions for dietary policy

- **The main objective is to "increase the performance of the rhythm games."** If we break down into what we want to achieve for;
 - Maintaining physical and mental health
 - Maintaining proper weight value (let's say BMI 19 to 24)
 - Improvement and maintenance of exercise performance (assuming proper exercise)
- Moreover, we will set the following conditions.
 - Do not spend much time (We have lots of things to do in our lives)
 - Do not use supplements (No tablets, no whey powders, etc)
 - Have delicious taste variations (Most people can not continue if they aren't tasty)
 - Calculate the calorie and nutrition balance roughly (We don't want to do precise calculation everyday)
 - We eat out (Its frequency varies on person)

Being able to cook meals is strongly recommended

- **You can control nutritional balance (very important)**

- When you eat out, you often consume excessive amounts of carbohydrates, fat and sodium, and tend to be short of vitamins, minerals (excluding salt) and proteins

- You can train your brain

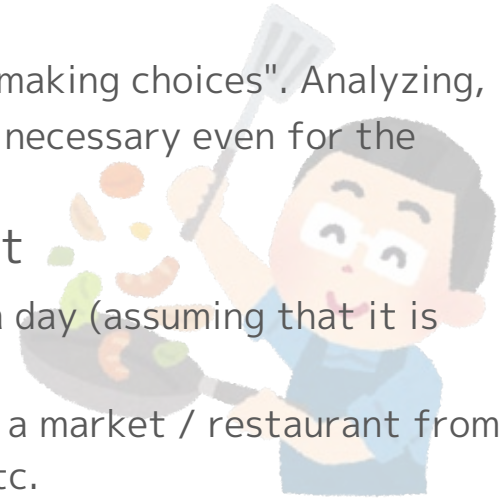
- Cooking carries out "dealing with concepts, making plans, making choices". Analyzing, planning, and taking into action for achieving the goal are necessary even for the rhythm games. You can train them by cooking

- The required time is not different from eating out

- Let's think that it takes 30 minutes to 1 hour to cook on a day (assuming that it is made in preparation)

Approximately it will take a same amount of time to go to a market / restaurant from the office or home, time to select a menu, time to cook, etc.

Fast food experience may take less time, but the nutritional balance will be biased. www.iwsk.jp



Ideal state of eating habits

- At self-cooking,
 - You are capable to create a variety of menus with well-balanced nutrients
 - You can understand the nutritional value contained in the ingredients roughly and procure the appropriate amount (at low budget)
- In eating out,
 - You understand nutritional value of the meals roughly, and choose the appropriate dishes
- At playing rhythm games,
 - You understand nutritional approaches for improving performance, and take into action



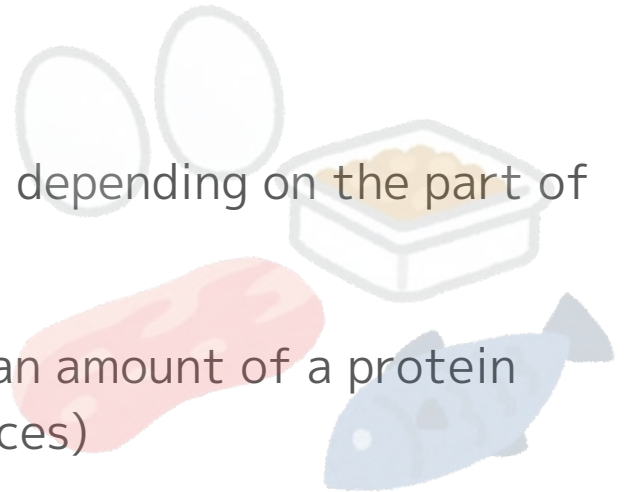
Things to remember in self-cooking

- Know the target intake per day for meat, fish, and beans, which are main protein sources
- Increase variations / colors of vegetables
- Avoid processed food if possible
- Use whole grain products
- Eat breakfast, lunch and dinner every day
- Try meal prep and overcome busy weekdays

The three important things are: "balance the amount" "increase the variation of ingredient" and "eat three meals a day."

Know the required intake of main protein source

- Basically, 20g of protein per 100g of meat, fish and beans (boiled)
 - In terms of ease of balance control, the following are easy to use (since they are high in protein)
 - Chicken breast or red meat (fillet or ground)
 - Fish (except fatty tuna / salmon belly)
 - Chick peas, soy beans
- the balance of three major nutrients differs depending on the part of the body.
 - Skin and belly parts are fatty.
- In order to consume 80g (2.8oz) of protein, an amount of a protein source per day is about 350 grams (12.4 ounces)
 - Vegetables and cereals also contain protein
- It may be interesting to search in the [Nutrition Ingredient Navigator](#)



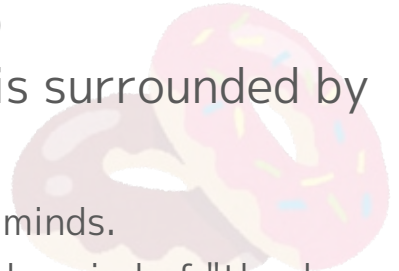
Increase variations and colors of vegetables

- Brightly-colored vegetables and light-colored vegetables.
 - For brightly-colored veggie, try to increase the color and variety with red, yellow, green etc.
 - It is difficult to calculate how much does each ingredients contain vitamins, minerals, dietary fiber, etc in detail.
 - Also take light-colored vegetables, such as cabbages and onions.
- Shopping for a target intake of 350g / day of vegetables will increase weight
 - If you try to buy them for 4 to 5 days at one time, you might think if it's a little heavier. Don't worry, buy them all. If you are anxious, measure them. Stores usually have scales.

Those who dislike carrying heavy things can use dried products to some extent (using only dried things is not recommended)

Avoid processed foods if possible

- Mostly, those contain salt, sugar, and various additives.
 - It tends to be excessive salt and sugar intake.
 - There is also concern that "various additives" may have negative impact on the body even if it is safe in the country.
- Below are not recommended for regular use
 - Processed meat such as sausage and bacon, seasoned canned food
 - Carbonated beverages and soft drinks, vegetable juices
 - Cakes, donuts (especially the ones mass-produced at the factory)
- However, you already understand that modern society is surrounded by processed foods
 - When it is supersensitized to this, it would affect badly for your minds.
There is no doubt that it is convenient; if necessary, use it with the mind of "thank god it's convenient and helpful"



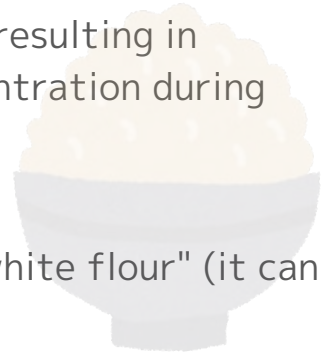
Eat breakfast, lunch and dinner a day

- Especially for breakfast. Eat it. Don't skip. It leads to warm-up your brain and body.
- You do not have to eat excess volume with one meal.
 - Roughly, if you try to take 1000 kcal it is about 1 Liters volume with water.
 - The capacity of a general person's stomach bag is about 1.5L to 2L in full stomach.
 - If you try to take the standard 2600 kcal in one meal, you must break through the capacity of the stomach
 - It is possible to take it with two meals, but if you take less amount for one meal you will be required to break through the limits of the stomach with the other meal
 - When it is divided into three meals, it becomes easier to control (and it is easy to adapt to modern society)

Use whole grain products

Maybe a little overconscious approach

- Brown rice and whole grain bread is more preferable than refined white rice, white bread, and white sugar
 - It contains more vitamins and minerals, thanks to its nutritious outer shells.
 - The absorption speed of whole grain of nutrients is slower than refined ones; it is difficult to cause a sudden increase or a sudden drop in blood sugar, resulting in having lower risks such as undesirable drowsiness and reduced concentration during playing rhythm games
- When purchasing, note that
 - Some whole grain breads sold at supermarkets are "made of mostly white flour" (it can be roughly determined by the color)
 - Refined sugar is used for some cereal products



Author: [@nin_iwsk](#)

Try meal prep

- When you start cooking from cutting ingredients everyday, it could turn out to be a hard work because
 - You have to think about recipes everyday
 - You have to prepare and clean cooking gears everyday
- Prepare meals for roughly 5 days at weekends, then do what you want in weekdays
 - You can also enjoy daily meals by changing seasoning



FIY: Recipe apps, websites, books

A lot of meal prep recipes are available nowadays. I often use the following:

- [Freeletics Nutrition](#)
 - A smartphone app that requires subscription. Contains clean, healthy cooking recipes with PFC details. Shopping list function is available that's extraordinary convenient. Some ingredients may be hard to find in some countries (find substitutes)
- [Fit Men Cook](#)
 - Healthy recipes for men and women that want to live healthier & active lives. No boring food here. Only creative, healthy eating on a practical budget. (According to its description). Meal prep recipes available.
- [Tsuku-Okii](#)
 - A website where many kinds of Japanese preserved meal recipes are available. Since it's only written in Japanese, you may be interested in [Japanese Cooking 101](#) that's written in English. Author: @nin_iwsk

Things to be aware of when eating out

- Find cooking methods
- Find the ingredients used
- Think of quantity and calorie intake

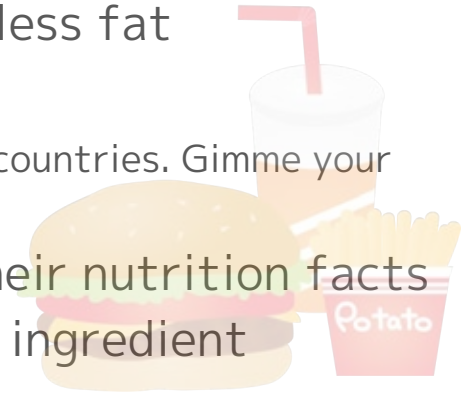
Find cooking methods

- For eating out, fat consumption tends to be excessive due to its cooking method
- The amount of energy goes down in the order of "fry > stir-fry > simmer > steam > boil"
 - Basically, it is not preferable to always choose deep-fried meals, as cooking deeply-fried products tend to become excessive energy, including fat. But fried foods are so freaking delicious; IMO it is nice to have them within the bounds of common sense, unless you aim for a bodybuilding competition



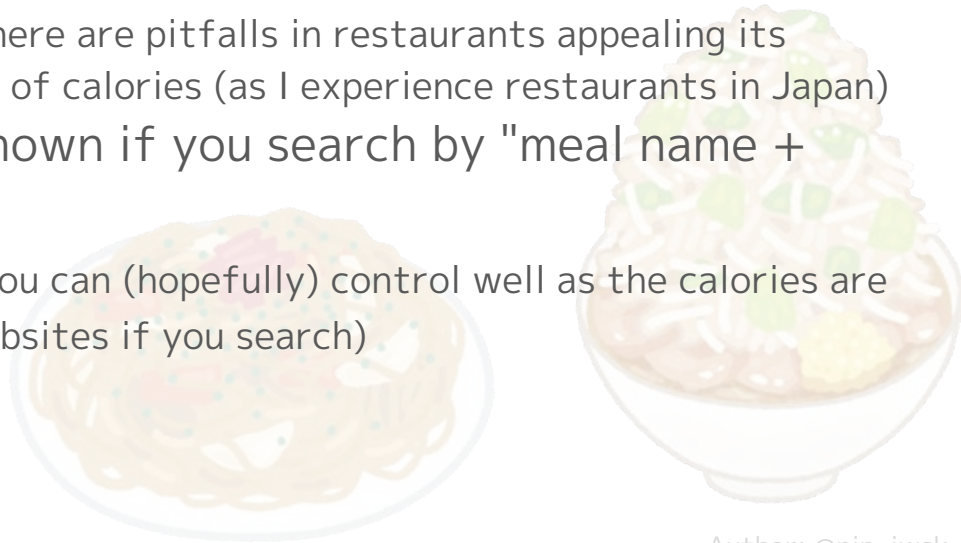
Find the ingredients used

- A trap of "side dish is carbohydrate" awaits in a restaurant
 - Combinations of a ramen + a rice, a hamburger + french fries are typical examples of carbo-rich combos
 - Order a set meal, or have an additional vegetable salad to maintain its nutrition balance
- Choose protein sources containing more protein and less fat
 - Choose 鉄火丼, not ネギトロ丼
 - (Couldn't find an appropriate example in European / American countries. Gimme your ideas!)
- Soft drinks are quite interesting when you look at their nutrition facts
Some products have terrible calories or a mysterious ingredient
 - If you go super-safe, order still water (or tap water if your country guarantees drinkable tap water)



Think of quantity and calorie intake

- Keep an eye on the calorie standards that should be taken with eating out
 - If you're in a ramen shop, it tends to be calorie-rich with a supersize menu, additional rice and so on. On the contrary, there are pitfalls in restaurants appealing its healthiness, that tend to be short of calories (as I experience restaurants in Japan)
- Approximate calories will be shown if you search by "meal name + calorie" on the Internet
 - If it is a major chain restaurant, you can (hopefully) control well as the calories are displayed on the menus (or the websites if you search)

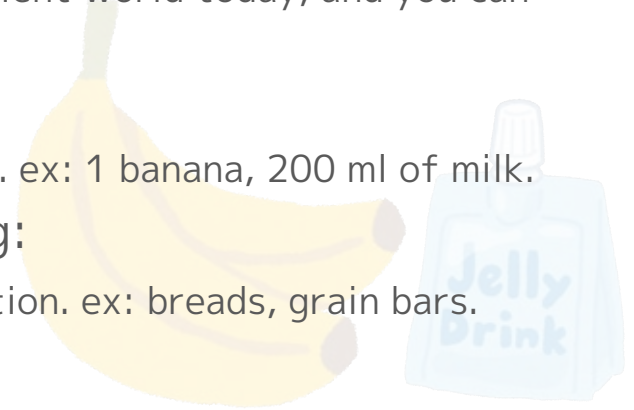


Tips when you play rhythm games

- Take easy-to-digest carbohydrate before playing
- Always get hydrated during playing
- Take carbs and proteins after playing
- Consume caffeines before playing

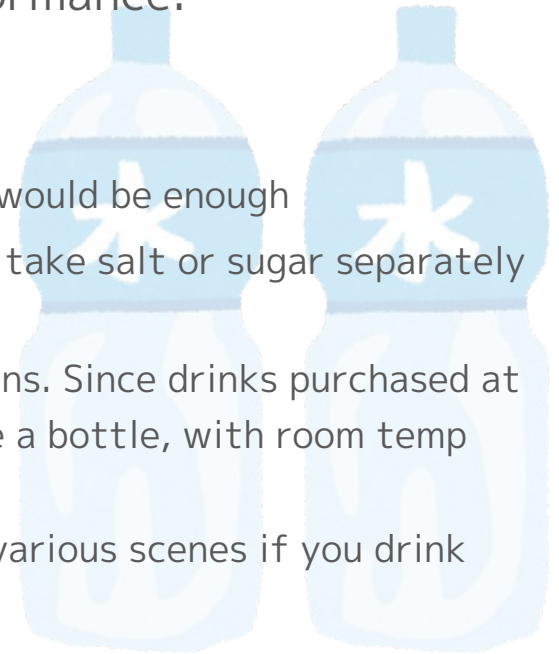
Take easy-to-digest carbohydrate before playing

- Aim for a state that the blood sugar level rises moderately and it is not hungry or full
- Eat immediately when you want to start playing:
 - A liquid thing that will immediately become an energy source. Jelly drinks or non-zero calorie sports drinks or energy drinks. (It's a convenient world today, and you can thank chemi products)
- Eat when have 30 minutes before playing:
 - Those which are digested and absorbed immediately. ex: 1 banana, 200 ml of milk.
- Eat when you have 1 - 2 hours before playing:
 - Carbo-based snacks with fast digestion and absorption. ex: breads, grain bars. Don't eat too much.



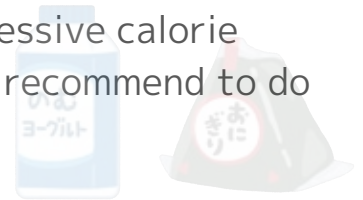
Always get hydrated during playing

- Basically, dehydration will lead to a lower performance.
 - You may be sweating without awareness.
- Be always hydrated to maintain performance!
 - If it is not DDR or whole body exercise, 500ml per hour would be enough
 - If you're playing in about an hour, it is not necessary to take salt or sugar separately (it is nice to keep a little sweet stuff just in case)
 - If you're going deeper: cold water burdens internal organs. Since drinks purchased at the vending machine are mostly too cold, it is good have a bottle, with room temp water inside.
 - Meanwhile, it is easy to maintain high performances in various scenes if you drink water frequently.



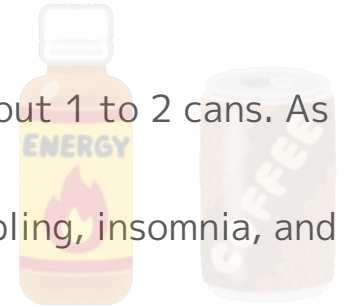
Take carbs and proteins after playing

- It enhances fatigue recovery and muscle synthesis.
 - ex: soy milk 200 ml, drinking yoghurt 200 ml, sandwich containing protein-rich ingredients.
 - you do not have to eat separately if you are not playing games like an hour
- There is no need to eat a lot
 - Except for cases when you did DDR or intense whole body exercises for 2 or more consecutive hours
 - Since rhythm games are not very suitable for training to increase bodyweight like a bodybuilder, "eat pizza and beer after playing" thingy results in excessive calorie intake. If you want to increase your weight and gain your muscles, I recommend to do serious exercises before eating heavily.



Consume caffeine before playing

- Whether caffeine improves the performance of sports is still under argument, but it could be effective, based on an [academic journal](#).
- Caffeine begins to be taken for the body in approximately 45 minutes when taken with meals or 15 minutes after ingestion on an empty stomach (half-life is about 5-6 hours)
- For people weighing 60 kg, taking 180 mg to 360 mg of caffeine seems to be a sufficient amount
 - That's 300-400 ml in coffee. In the case of 250ml energy drinks, about 1 to 2 cans. As the amount varies on products, check the ingredient display.
 - Side effect such as dizziness, increase in heart rate, anxiety, trembling, insomnia, and nausea may occur. Use it at your own risk.



Appendices

Author's experience

Author's cooking experience

- 10-6 years ago (when my performance had been growing have come to peak)
 - I was living only with a combination of retort rice + retort rice plus a large amount of supplements, and experienced a hard time including many detailed medical examinations.
 - Feeling a sense of death, I shifted to only "supersized fast food + pickles" diet. The situation didn't change.
- 6-3 years ago (when the results were stanant)
 - I moved to a house with two stoves and started cooking.
 - Starting with easy menus, using wok sachets and frozen vegetables
 - I used to love protein powder for I was doing strength training.
- 3 years ago - present (I started thinking about the influence of physical aspects on rhythm games. My performance started to grow again)
 - I got bored with the taste of protein, and began to go eating clean (use more fresh products, less processed products)
 - Health checkup result has become straight A's

Food bought on weekends (example)



- 24 servings (for 2 people)
 - For the remaining meals, I adjust by making meal on the day or eating out, in order to reduce the risk of spoiling prepared meals due to unexpected eat out at work and school.
- The budget is less than the average (in Japan and Finland)
 - Since I stay in various locations, I use local foods (they're cheap and fresh).
 - Recipes are often chosen from several smartphone apps.

Food bought on weekends



- Protein sources
 - Ground beef 1,500 g
 - White beans (boiled) 700 g
 - Low fat quark 750 g
 - Soy milk yogurt 1000 g
- Fat sources
 - Peanut butter, olive oil, sesame oil etc. I use what I have in my home
- Carbohydrates
 - Oatmeal 600 g
 - Quinoa 500 g
 - For whole grain breads about 1/2 a cub.
- Vegetables, fruits, seeds
 - Two zucchini
 - 6 lemons
 - 2 limes
 - 4 spring onions
 - Radish 750 g
 - 4 paprikas
 - 3 onions
 - 2 bunches of spinach
 - Alfalfa Sprout 125 g
 - Broccoli (frozen) 900 g
 - Green beans (frozen) 450 g
 - Blackberry (frozen) 750 g
 - Strawberry (frozen) 750 g
 - Chia Seeds 150g
 - 5 red chili peppers
 - Ginger 60 g
 - 2 garlic bunches
 - Coriander
- Good-to-Have stuff: oatmeal bar, ice cream and wine: [@nin_iwsk](#)

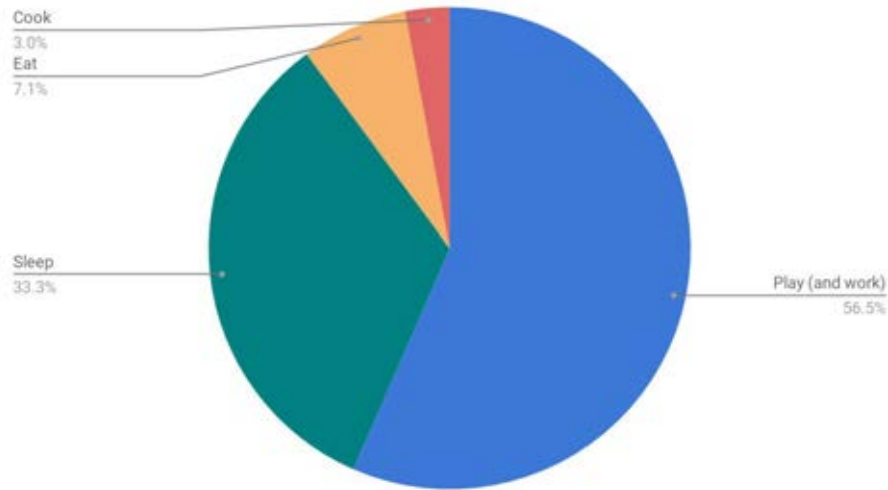
Inside the fridge after 2 hours of cooking



Few years ago was like "nothing but retort curry and retort rice." I've come this far.

- The meals are stored in containers (stackable, sealable, identifiable)
- One storage container (1.2 L) has 1-2 servings (usually)
- Cooked rice, rye breads, prepared meat, frozen vegetables and fruits (ice cream) are stored in the freezer

Amount of time of cooking used in a week



- Pick recipes 15 min
- Shopping 30 min
(since supermarket is within walking distance)
- Meal prepping 2.5h
(my roommate cooks additional meals on weekdays. says it takes 1.5h a week)
- Preparing meals and cleaning up 1.5h
(With the help of a dishwasher, about 2.5h without dishwasher)

It seems that I am doing what I need for mostly 5 hours a week.

It is a good time investment if you will be able to improve your rhythm game performance.

Things to always bring to a game center



- Water at room temperature
(Caffeine is for a emergency use to me)
- Snack

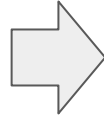
Snacking is often prohibited inside a game center.
Consider where to eat properly.

How to start cooking in 4 steps

Start and goal states

Start:

- You have no cooking experience



Goal:

- You are able to cooking something from recipes, even without some ingredients given



Divide into several steps

- **Step 1: Invest in cooking equipment (1 day)**
- **Step 2: Start cooking from easy things, become a habit (1-2 months)**
- **Step 3: Increase cooking variations (1-2 months)**
- **Step 4: Arrange**

Step 1: Invest in cooking equipment

- If you have these, you can do various things. You can purchase all of them online.
 - Must-buys
 - Kitchen knife + sharpener *Invest in a kitchen knife
 - Wok pan *Multi-purpose pan that can be used for various recipes such as stir-frying, baking, boiling, simmering, frying and steaming
 - Cutting board
 - Chopsticks (or tongs if you aren't get used to it)
 - Spatula
 - Ladle
 - Measuring equipments (tbsp, tsp, measuring cup)
 - Cleaning equipment (cloth, dish soap, sponge or brush)
 - Nice to haves
 - Microwave, Slow cooker, Fridge



Step 2: Start with easy things, become a habit

Try to cook at least once a day. A simple meal like "grab and eat" can be a good start. As you get used to it, try complicated process gradually.

Example :

- No cooker required, start from "grab and eat"
↓
- Start cooking using fire: Go for fried eggs, ready-made vegetables and meats, etc.
↓
- Combining seasoning mix, begin cooking using fresh ingredients
↓
- Procure seasonings and do yourself

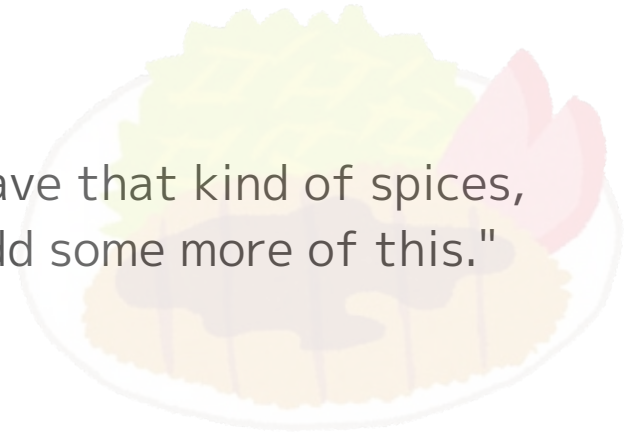


Author: [@nin_iwsk](#)

Step 3: Increase cooking variations

- When you try to cook various dishes more, a cooking process such as "steaming" "frying" comes out
- In that case you will want to buy some more gears. Consider buying it.

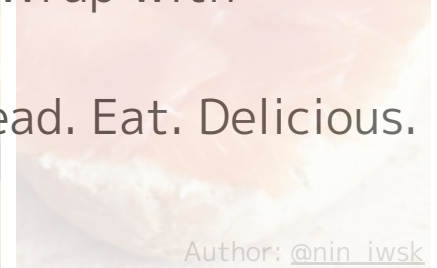
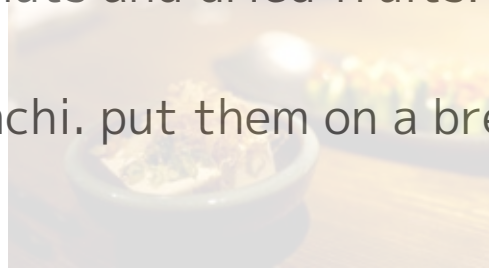
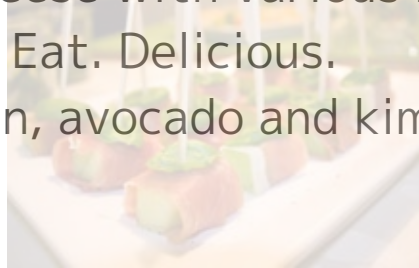
* In step 4, You're about to begin "Since I don't have that kind of spices, replace this with this and that with that, then add some more of this."
Good luck.



Sample recipes without using heat

For an immediate start.

- Get smoked salmon and avocado. season with lemon juice and black pepper. Eat. Delicious.
- Slice mozzarella and tomato. Place mozzarella and tomato in alternating layers and top with fresh basil leaves. Drizzle with olive oil and balsamic vinegar. Eat. Delicious.
- Mix cream cheese with various nuts and dried fruits. Wrap with uncured ham. Eat. Delicious.
- Buy a tuna can, avocado and kimchi. put them on a bread. Eat. Delicious.



Author: [@nin_iwsk](#)

Strength training is also important

Strength training is also important

This is for IIDX players, but I made "Introduction to Muscle Endurance Training for IIDX Players" on a slide.

https://twitter.com/nin_iwsk/status/947996251710042112



https://twitter.com/nin_iwsk/status/1064104408307433472

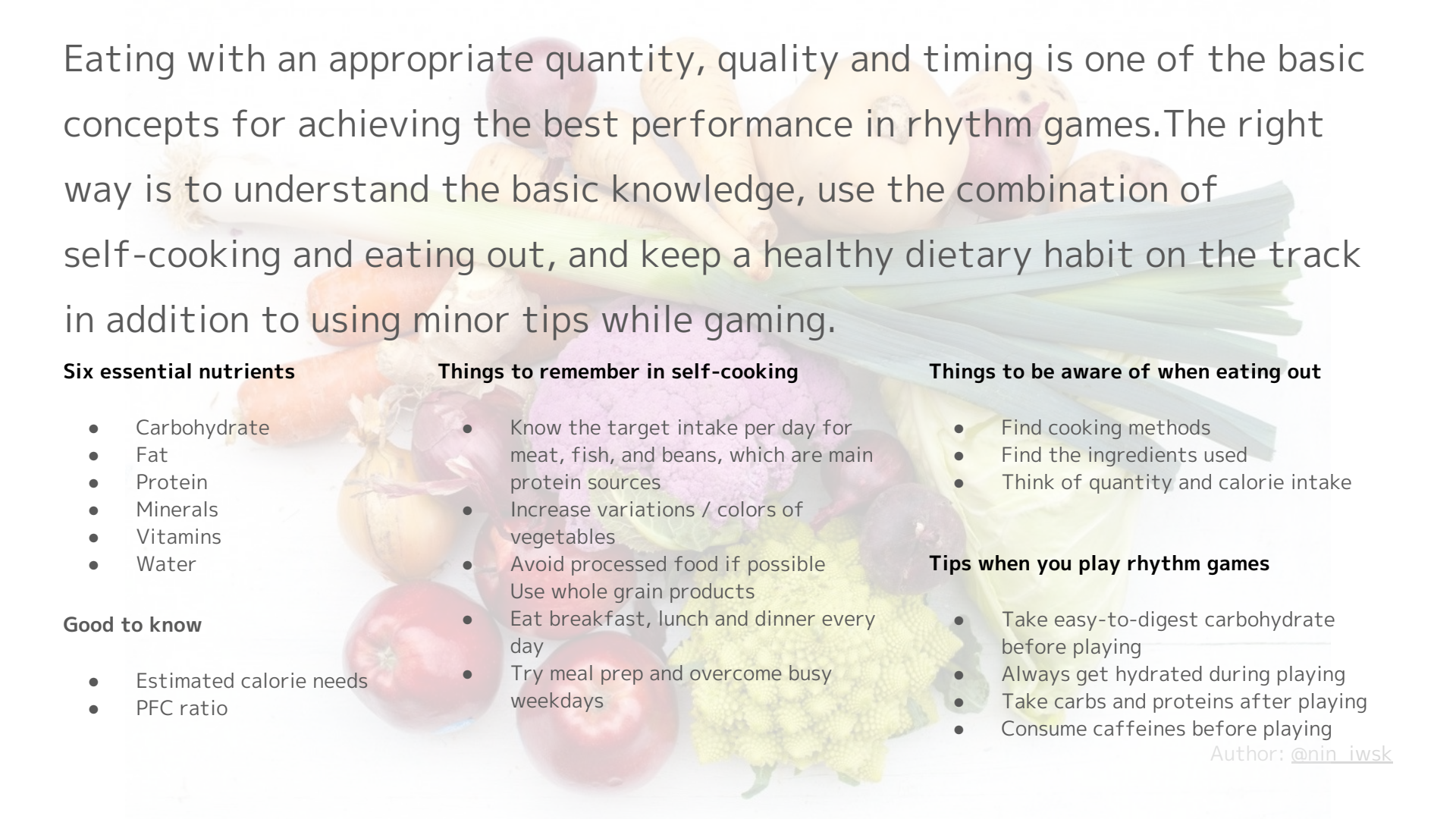
It's not the only way
to become a better player

This is just an physical approach

- Rhythm games require "technique", "fitness" and "spirit"
 - As sports do
 - Skill-improving approaches include analysing songs, having friends to keep motivated, playing a wide variety of games, focusing on on your favorite songs and such.
 - I'd happy if this physical approach helps you improve your skills in rhythm games



Summary



Eating with an appropriate quantity, quality and timing is one of the basic concepts for achieving the best performance in rhythm games. The right way is to understand the basic knowledge, use the combination of self-cooking and eating out, and keep a healthy dietary habit on the track in addition to using minor tips while gaming.

Six essential nutrients

- Carbohydrate
- Fat
- Protein
- Minerals
- Vitamins
- Water

Good to know

- Estimated calorie needs
- PFC ratio

Things to remember in self-cooking

- Know the target intake per day for meat, fish, and beans, which are main protein sources
- Increase variations / colors of vegetables
- Avoid processed food if possible
Use whole grain products
- Eat breakfast, lunch and dinner every day
- Try meal prep and overcome busy weekdays

Things to be aware of when eating out

- Find cooking methods
- Find the ingredients used
- Think of quantity and calorie intake

Tips when you play rhythm games

- Take easy-to-digest carbohydrate before playing
- Always get hydrated during playing
- Take carbs and proteins after playing
- Consume caffeine before playing

Author: [@nin_iwsk](#)

Thank you for reading to the end!

- Please contact me if you have any comments, suggestions, complaints, corrections, appreciations and more.
- I sometimes tweet tips about fitness mind and games (mostly in Japanese but can answer in other languages)

Follow me if you're interested in :)

[@nin_iwsk](https://twitter.com/nin_iwsk)

