

# HEALTHY DIET IN RAMADAN

### Avoid:

- Spicy Foods
- Fried and oily foods
- Sugar, whether from foods or drinks
- Over-eating especially at sehri
- High caffeine drinks and sodas
- Too much tea at sehri. Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day
- Do not skip Sehri. Get up before dawn, have a small yet filling meal with a mug or two of either a lassi or milkshake depending on your preference
- Smoking cigarettes is unhealthy and one should stop it completely



### HEALTHY TIPS AT IFTAR AND SEHRI:

- Eat healthy food such as pasta, rice, potatoes, whole grain breads, cereals, fruits, vegetables, fish, lean meat, soybeans, skim or low-fat milk
- Since it's mango season, we could have a delicious array of mango based desserts or fruits salads
- Drink as much water or fruit juices as possible between Iftar and bedtime so that your body may adjust fluid levels in time
- Dates are excellent source of sugar, fibre, carbohydrates, potassium and magnesium
- Bananas are a good source of potassium, magnesium and carbohydrates
- Eat lots of raw vegetables and fruits after Iftar

**Fasting is a very good way of detoxifying your body and getting into a routine that lends to a healthier lifestyle and eating habits**

**It's difficult to sleep early in Ramadan, but try catching at least six hours of sleep every day. Unsettled sleep can mess up a lot of things in your body including your moods and digestive process that tiredness & Fatigue element may hurt.**

**Eat Well, Stay Healthy**