

## HEALTHY EATING DURING RAMADAN



### SUHOOR (Breakfast)

3: am:

- 1) It can be dinner from the night before (2-3 cups of vegetables, 1 cup starch, 1/3 cup protein)
- 2) Breakfast options (ex. protein shake with 1 serving of fruit, some nuts and dried oats)
- 3) Beans (fava beans, kidney beans etc.) with veggies **OR**- chilli (beans + beef → lots of protein!) with veggies. You may have one serving of fruit if desired
- 4) Greek yogurt with fruit

\*Suhoor should be high protein/fibre

\*Avoid over-eating as this leads to discomfort later on during the day

### IFTAAR (Dinner)

9:00 pm: 1-3 dates with 1 glass of milk (optional) **-OR-** start with salad or soup

Prayer time

9:20-9:30 pm: 2 cups of high protein soup/salad

10:00 pm: typical dinner (2-3 cups of vegetables, ½ cup starch, 1/3 cup protein)

Prayer time

12:00 am: high protein/fibre snack (vegetables with hummus)

Key things to remember:

- Since you will be having special “unhealthy” foods that you usually have in Ramadan e.g samosas, you can indulge in them but portion control and choose between that or bread, rice, pasta. It is better to avoid these special foods all together.
- Avoid high sodium foods (causes more thirst!)
- Remember to stay hydrated from Iftaar time until Suhoor (avoid carbonated and caffeinated beverages. Have yogurt, veggies and fruits, as they have high moisture content)
- Remember to eat each meal over a span of 15-20 minutes; eat slowly to avoid any discomfort such as bloating, gas, heart burn etc.
- Try to avoid spicy foods as this may cause discomfort as well
- Try to eat 2-3 smaller meals for dinner, instead of eating all at once