

HEAL

| Promoting healthy eating and active living.



Healthy tips for Ramadan

Carbohydrates

Choose complex carbohydrates found in grains, seeds, barley, oats, millets, quinoa, whole meal flour etc.

Fruits

Choose fruits that provide the sugar, potassium, and magnesium our bodies need. A good example is dates and bananas.

Meats

Limit red meats and instead, opt for healthy chicken and fish preparations for proteins.

Lentils, pulses, beans, soyabean and peas are also good sources of protein



Fibre

Include at least one cup of cooked vegetables (preferably green leafy vegetable) and salads for fibre to keep the gut healthy

Rice dishes

When enjoying a rice-based dish like biryani, make sure not to overeat, and pair it with salads and vegetables.

Beverages

Herbal teas, coconut water, lemonade, sweet basil seeds (sabza) refresher, Aam Panna , Jal-jeera, are the best alternatives to sugary soft drinks and tetra pack juices.



[Alternative dishes:

- Rework recipes of traditional Ramadan delicacies with whole wheat flour, and natural ingredients like dates, jaggery, raisins etc.
- Oils: Choose healthy nuts and seed-based oils.
- Dairy: Have high-fat dairy in moderation to avoid bloating. Include probiotics like curd for better digestion.
- Cooking method: Instead of deep frying, opt for techniques like sauteing, steaming, grilling, baking and air frying.

BEST FOOD FOR IFTAR

Start with a few dates.

Drink a glass of water, followed by Laban, lemon water, coconut water, or vegetable soup to avoid indigestion.

Eat your main meal **10 or 15 minutes** later. This will prevent excessive food intake by giving you a sense of fullness, which, in turn, will help digestion.

SUHOOR

Do **not** skip this meal and try to time it right before the meal begins.

Eating before bedtime, or avoiding eating during suhoor, may cause **low blood sugar problems** and **dehydration** the next day.

As a result, you could feel dizzy and distracted.

A **light, healthy** and **filling** breakfast is a great option. So, opt for dairy products and fresh vegetables such as cheese, eggs, tomatoes, and cucumbers.


Other good options include oatmeal with nuts and seeds, homemade peanut butter with toast and a cup of milk, scrambled egg with wholewheat bread, moong dal-rice khichdi or chicken and rice khichdi with a good amount of vegetables, egg curry with chapati.

You can always enjoy a soup, or vegetables cooked in **olive oil**.

DESSERTS

- ◆ Falooda Parfait (made with dairy-free ice cream)
- ◆ Rice Vermicelli Kheer (made with jaggery and almond milk)
- ◆ Rice Payasam (made with coconut milk and jaggery)
- ◆ Fruit Salad





Dried fruits like **dates**, **walnuts** and **almonds** are also a great source of energy.

They can make you feel full for long hours throughout the day.

Make sure you consume **plain water**, and **avoid sugary drinks**, and **caffeinated beverages**, as these can leave you feeling thirsty during the day.

Avoid **fried**, **oily** foods and **greasy** dishes, which can cause indigestion and heartburn.

Avoid **simple and refined carbs**; foods like pastries, donuts and croissants are low in essential nutrients.

Limit your intake of salty food, as the extra sodium in salted nuts, chips and pickles can make you feel very thirsty during the fast.

