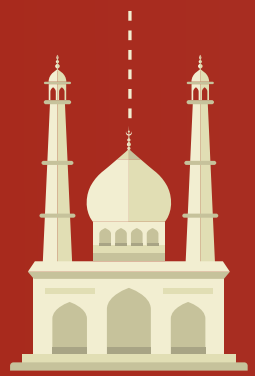


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Healthy Eating Guide for the Holy Season of **RAMADAN**

Ramadan is a month of generosity and blessings, usually displayed on the table of Iftaar and Suhoor.

POSITIVE EFFECTS OF FASTING IN RAMADAN

1. The spiritual and health benefits of Ramadan fasting

All Muslims around the world leave their bad habits in this month of blessings. They stop smoking, or having coffee, tea or Coke constantly.

2. Medical Benefits

Fasting helps in detoxification, relaxes digestive system, controls blood sugar, keeps heart healthy, overcomes addiction (Smoking, Alcohol, Tobacco chewing), boosts the brain, favors weight reduction, reduces appetite, revitalizes your energy, increases the absorption rate of the nutrients and Tarawih works as the exercise.

It is advisable to have balanced food and adequate fluid intake during this season.

Major food groups to consider in Ramadan are

Fruits and Vegetables



Breads



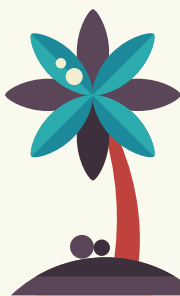
Cereals and Potatoes



Meat, fish and chicken



Dairy products



Pre-dawn meal (SUHOOR)

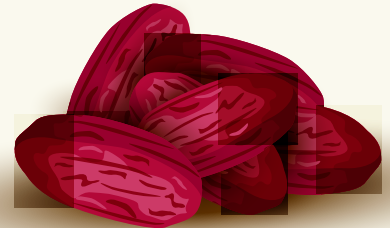
Suhoor should encompass a wholesome meal that provides long-lasting energy throughout the day. Foods that provide long-lasting energy are complex carbohydrates and high-fibre foods. Examples include whole wheat, oats, beans, and rice. Foods that are rich in fibre and are also digested slowly include fruits (raw and unpeeled) and vegetables. Fluids should be taken in required quantities (water and fresh fruit juices) as they maintain water and salt levels in the body.

Post-dusk meal (IFTAR)

It is customary for Muslims to break their fast with dates and water or Juices. This helps restore sugar and salt levels in the body. It also rehydrates the body.

The benefits of dates are:

- Easy to digest
- Decreases the feeling of hunger, preventing one from overeating
- Prepares the stomach to receive food after many hours of fasting
- Rich in sugar and energy, restoring nutrients in the body
- Prevents constipation as a result of altered meal times



Foods to avoid during Ramadan

Deep fried foods & high



Fat foods like fried samosas, fried chicken, fried spring rolls and fried potato chips, oily curries and greasy pastries should be avoided.

High sugar & fat foods



Sweets like gulab jamun, jalebi, badam halwa and barfi to avoid risks of diseases such as diabetes, obesity etc.

Caffeine



Cold drinks, tea, and coffee promotes faster water loss through urination, which can lead to dehydration.

Meal Suggestions for Suhoor

Here is a great collection of recipes to be added to your suhoor

- Yogurt Cucumbers, Tomatoes and Fresh Bread
- Date Walnut Bread, Pomegranate Salad
- Egg, Tomato and Pomegranate Salad
- Fruity Salad with Rosemary and Honey, Fruity Mango Salad.
- Grilled Chicken and Pineapple Salad.
- Zucchini Scrambled Eggs Bread.



Meal Suggestions for Iftaar

- Russian salad
- Spicy Vegetable Kebab
- Chicken Roast
- Vegetable Nuggets
- Chicken Biryani



Ramadan is the month of Spirituality. Fasting has spiritual, physical, psychological and social benefits. It instills discipline and prevents impulsive behavior and also helps to routine one's life in various aspects. It can calm the mind, increase self-control apart from regulating dietary habits. These changes made during the Ramadan month have a positive influence in health and lifestyle throughout the year. A balanced diet and sufficient hydration helps you to stay healthy during Ramadan and also during the rest of the year.



Wishing you a prayerful and healthy Ramadan season.

