Staying on track during Ramadan

During Ramadan, apart from worship, many people get preoccupied with what they will cook or prepare for iftar and suhoor for 30 days. Most of us have different schedules during Ramadan, whether due to family, work, or school. For those of us who cannot stay up all night, we need proper sleep along with proper food intake to allow us to fast and last the following day.

+ **Suhoor is Essential:** Start your day with a balanced and nutritious Suhoor (pre-dawn meal). Include complex carbohydrates, lean proteins, and healthy fats to keep you energized throughout the day. Foods like whole grains, eggs, yogurt, and fruits are good choices.

+ **Stay Hydrated:** Dehydration can be a challenge during fasting hours. Drink plenty of water during non-fasting hours, especially during Iftar and Suhoor. Avoid caffeinated and sugary beverages as they can lead to increased fluid loss.

+ **Balanced Iftar:** Break your fast with a balanced meal that includes a mix of protein, carbohydrates, and healthy fats. Start with dates and water, followed by a soup or salad, a source of lean protein, whole grains, and plenty of vegetables.

+ **Portion Control:** Be mindful of portion sizes during Iftar and Suhoor. Avoid overeating and listen to your body's hunger and fullness cues. Smaller, balanced meals can help prevent overindulgence.

Choose Nutrient-Dense Foods: Opt for nutrient-dense foods that provide essential vitamins and minerals. Include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats to ensure you get a wide range of nutrients.

+ **Limit Sugary Foods:** Minimize the intake of sugary and high-calorie desserts and beverages. Choose healthier alternatives like fruit salads, yogurt with honey, or homemade smoothies with natural sweeteners.

+ **Incorporate Physical Activity:** Engage in light physical activity after Iftar, such as walking or stretching. It can help improve digestion, boost metabolism, and maintain your overall well-being. Avoid intense workouts during fasting hours.

+ **Plan Meals in Advance:** Plan your meals in advance to ensure you have a variety of nutritious options available. This can help you avoid last-minute unhealthy food choices and make it easier to stick to your dietary goals.

+ **Mindful Eating:** Practice mindful eating by savouring each bite and paying attention to your body's signals of hunger and fullness. This can help prevent overeating and promote a healthier relationship with food.

+ **Efficient Sleep:** Ensure you get enough restorative sleep during Ramadan. Lack of sleep can impact your energy levels and decision-making, making it harder to stick to a healthy diet. Aim for 7-9 hours of sleep per night.

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