

STAY Healthy This Ramadan

The Holy month of Ramadan is almost upon us where all observing Muslims will fast from dawn 'till dusk. Although it can be a daunting task to make it through the day without experiencing cravings, here are a few tips to help you enjoy fasting this year without worrying about gaining weight.

Before Ramadan

Preparation is key! In the days leading to Ramadan, eat smaller portions for each meal to prepare the body for fasting

Eat less white flour, eggs & dairy products. They are typically high in cholesterol and low in carbohydrates which is fast releasing energy.



Cut down on addictive substances like coffee & cigarettes. Reducing your intake will help keep withdrawal symptoms like headaches in check while fasting.



During Ramadan

During Ramadan, eat a Suhour full of complex carbohydrates, such as whole wheat bread and cereal, that will slowly release energy throughout the day to keep you feeling fuller for longer instead of gorging every evening



Drink plenty of water to be able to stay hydrated throughout the fasting day. This will help keep headaches at bay



Get plenty of rest. It is tempting to stay up all night but lack of sleep will affect your metabolic rate and result in fatigue throughout the day. Adults need a minimum of 7 hours sleep.

After Ramadan



After Ramadan, it is easy to gain a lot of weight quickly. In order to help digestion, eat very small meals, and eat very slowly, chewing your food thoroughly. It is tempting to over eat and feast but indulging your cravings will cause weight gain



Eat plenty of nuts and seeds to kick start your digestion. They are high in fiber and delicious!

Credit: Mississauga South Majlis

