

# Health Tips to a Happier Ramadan

**DON'T SKIP SUHUR!** *This will help you avoid getting hungry during the day.*

**AVOID PROCESSED FOODS!** *Processed foods tend to be high in calories, high in sodium and low in nutrients.*

**EAT YOUR FRUITS AND VEGGIES!** *Make sure half of your plate at Iftar is full of vegetables; make fruit smoothies for dessert and suhur.*

**AVOID INDIGESTION!** *Eat your salad first, chew your food well and don't eat too much of a variety.*

**WAIT 10 MINUTES BEFORE SECOND SERVING!** *It takes the body around 10 minutes to efficiently signal satiety cues to our brain .*

**DRINK LOTS OF WATER!** *Keep a water bottle within arm's reach from Iftar until bedtime/suhur to avoid dehydration and fasting headaches.*

**TAKE A WALK!** *or a run... whatever floats your boat; research shows that all it takes is 30 minutes of exercise a day to maintain good health.*

Canada | Department of Sihat Jismāni

Tips  
JUNE