



YOUR GUIDE TO A **HEALTHY RAMADAN**

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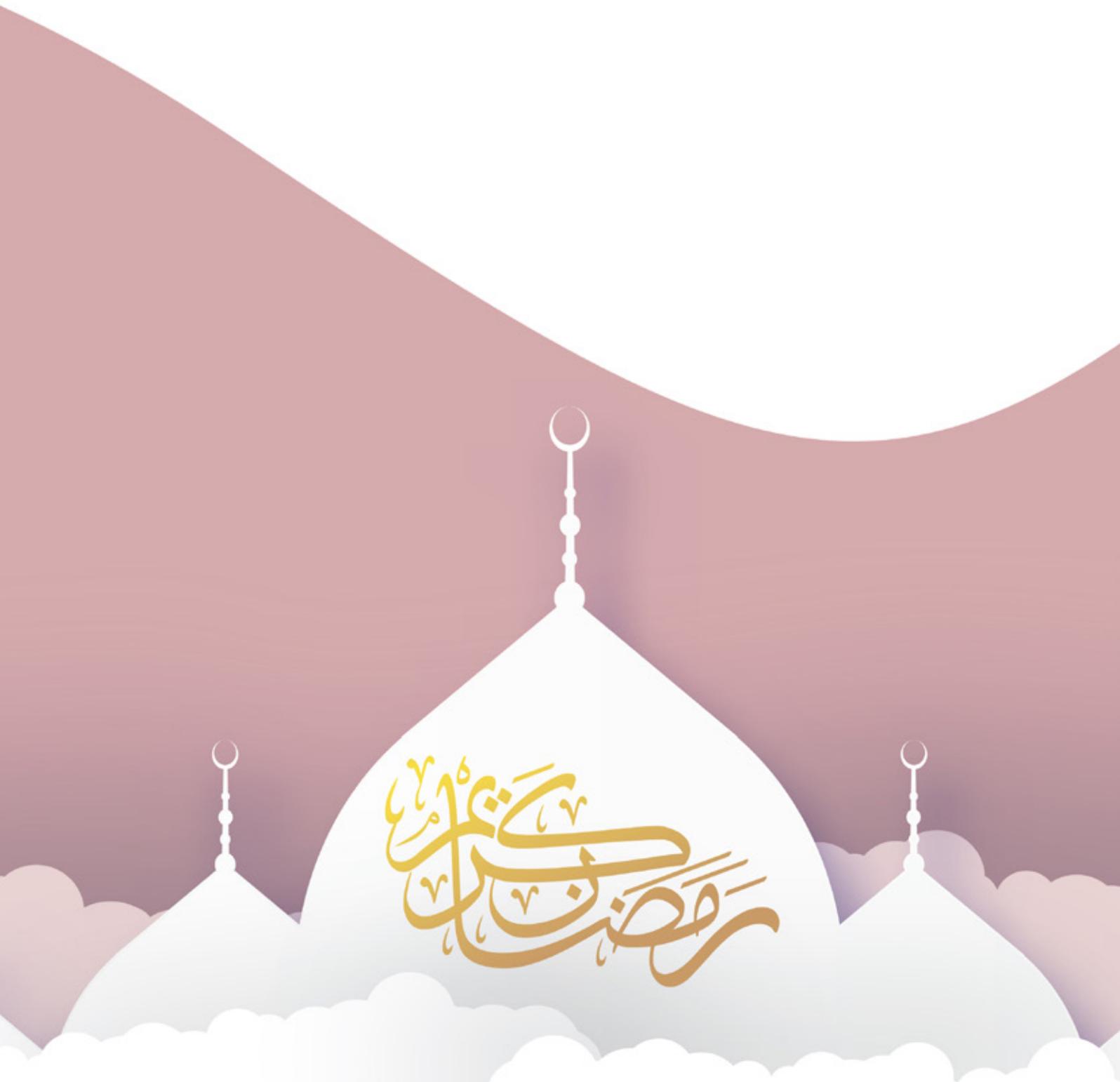
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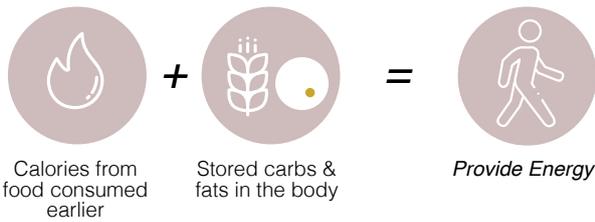
01 RAMADAN GREETINGS

Welcome to my Ramadan Eating Guide. To fully benefit from this spiritual month of fasting, be sure to eat healthy and stay away from indulging on the high sugar foods. Please do not feast- on the contrary, eat normally every day to maintain a balanced nutritious eating plan. A person should consume food from all the major food groups – carbohydrates, protein, and fat – equally distributed between the two meal times, Futur and Suhor.

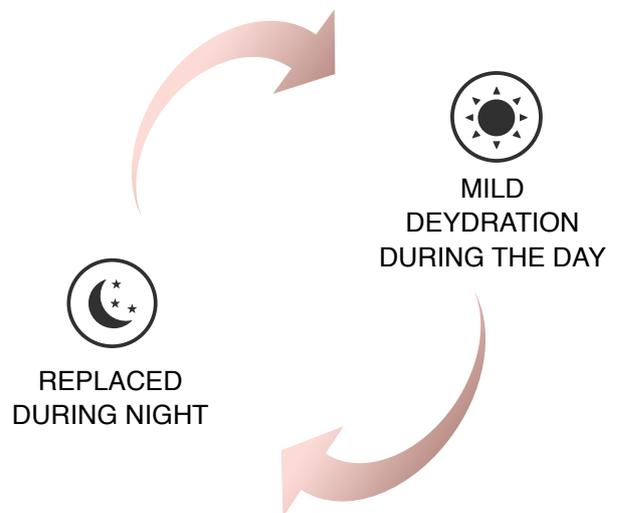


02 WHAT HAPPENS TO YOUR BODY IN FASTING

During fasting hours when no food or drink is consumed, the body uses its stores of carbohydrate and fat to provide energy once all the calories from the foods consumed during the night have been used up. The body cannot store water and so the kidneys conserve as much water as possible.



Depending on the weather and the length of the fast, most people who fast during Ramadan will experience mild dehydration, which may cause headaches, tiredness and difficulty concentrating. However, studies have suggested that this is not harmful to health, provided that enough fluids are consumed after breaking the fast to replace those lost during the day.



02 FASTING TIPS



Do not add too much salt to salads & other dishes. Also avoid eating canned foods like salted fish & pickles as they increase the body's need for water



Avoid hot and spicy dishes as it increases thirst



Dates will make you gain weight if you eat more than 3 pieces



Eat fresh vegetables whenever you feel hungry

DATES

Dates are very unique in their nutrient content. They contain very high levels of potassium (much more than a banana), a key re-hydration mineral and a special carbohydrate blend that enhances hydration above and beyond water alone. So basically when you eat a date and water for futur your body gets hydrated again much faster than with water alone

02 FASTING TIPS



For Futur, it is imperative to drink plenty of water, eat a good blend of protein, carbohydrates, and essential fat.



Start with a glass of water and dates (1 or 3 dates, not more)



Start the meal with a warm bowl of soup or a salad



Eating your soup and salad slowly at Iftar will help you feel full and prevent you from overeating later from the main dish and sweets.



Ensure your main meal has protein everyday and some complex or fibrous carbohydrate