

Healthy Eating During RAMADAN

The Holy Month of Ramadan is A Great Time to Commit to Healthier Habits for The Rest of the Year!

- Raise awareness among family and community members about healthy eating when breaking fast.
 - Talk to the person who cooks the food in your family about preparing healthy options.
 - Talk to the planning committee at your mosque about purchasing and serving healthy foods.

Tips for Breaking Fast

- Drink lots of water to keep you hydrated throughout the day; Avoid caffeinated tea, coffee, or soda.
- Avoid sugary sweets and drinks (jalebi, roshgulla, Tang, Rooh Afza, lassi).
- Be careful not to overeat.
- Choose healthy foods that are high in fiber to help you feel full longer and maintain your energy.
 - Choose whole grains such as brown rice or whole wheat flour roti. Take only enough grains to fill $\frac{1}{4}$ of your plate.
 - Fill half of your plate with non-starchy vegetables or salads.
 - Avoid white rice and other sugary foods – these will cause blood sugar levels to rise and make you feel hungry again soon after eating.
- Eat proteins for energy (chicken, fish, dal, eggs, non-fatty meat), enough to fill $\frac{1}{4}$ of your plate.
- Avoid or eat very little fried foods like samosas and pakoras, or foods cooked in cream or lots of oil– these will make you feel more tired and can lead to weight gain.

You May Experience Low Blood Sugar When Fasting!

What are some symptoms of low blood sugar?

- Feeling weak or tired
- Nervousness
- Feeling confused
- Feeling dizzy or having difficulty concentrating
- Shakiness
- Sweating chills or clamminess
- Irritability or impatience

What should I do if I start to feel these symptoms?

- Check your blood sugar, if possible.
- If your sugar is low, drink half a cup of juice or regular soda, or eat a hard candy.
- If your sugar happens to be high, try going for a walk.

**If you are not able to check your sugar:
Call your doctor, call 911, or go to the emergency room.**



Keep your energy up throughout the day!

Suhur: Try having brown rice, daal, Fat-free or 1% milk, and low-sugar fruit and vegetables. This will give you a healthy start and provide you with energy for the morning and a long day of fasting.



Iftar: Try to walk or stretch for 20 minutes after breaking fast. This will help your body to digest food and regulate your blood sugar.



Talk to your doctor if you plan to fast!

- ✓ Ask if any changes to medications (dosage, timing) are needed.
- ✓ Ask about when and how to exercise safely.

