

Guidance for participants on the Momenta Weight Management Programme during Ramadan

Although the month of Ramadan is about fasting and eating less, many people find they *actually put ON weight*. This could be due to eating more traditional high fat (fried) and high sugar foods (mithai), as well as more socialising and family gatherings with food after the fast is broken. For some, weight management can be more challenging if they're less physically active.

This guidance is designed to support you through the **Momenta Weight Management Programme** to achieve your weight loss goals through Ramadan. If you have any health concerns we encourage you to speak with your doctor or contact NHS 111.

Considerations when fasting during Ramadan

- You're learning to develop a new way of eating and healthy living. Prepare in advance by considering how you'll meet or adapt your goals and targets during Ramadan.
- Throughout Ramadan try to maintain the **1 2 Momenta behaviours** on pages 9 and 10 of your *Momenta Workbook*.
- Continue to choose foods that meet the healthy eating guidelines as described in **The Key to Healthy Eating** on pages 18 – 35 of your *Momenta Workbook*. Keep control of your portion sizes and eat mindfully to avoid eating too much.
- Keep attending your weekly group meetings! You can share ideas with others and get support to help stay focused and on track with your health and weight loss goals.



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Healthy lifestyle recommendations

Top tips for healthy eating

- Plan your meals and activity each day
- Eat only healthy and balanced main meals - as described in your *Momenta Workbook*
- Try to eat a meal just before the break of dawn when you start the next day's fast. Make sure you include a high fibre source of starchy carbohydrate (also referred to as slow release or low glycaemic index (GI)) in your meals, like daal or beans and basmati rice, along with plenty of vegetables.
- When you break the fast eat a similarly well-balanced meal and avoid sweet or fatty foods.
- Remember to check your portion sizes so you don't eat too much, especially when breaking your fast.
- Drink plenty of water and other low calorie fluids to keep well hydrated.

Healthy meal ideas

SUHOOR

Choose high fibre (low GI) and lean, protein-rich foods where possible as these take longer to digest and you'll feel fuller for longer. Here are some examples:

- Porridge or overnight oats: 45g of oats with 100ml of skimmed or semi-skimmed milk and 30g of dried fruits/nuts
- Breakfast burrito: 1 wholemeal tortilla wrap with scrambled egg, cherry tomatoes and spinach
- 1 slice of medium seeded or wholemeal toast, with half an avocado or 1 boiled/poached egg or 3-4 heaped tablespoons of baked beans.



IFTAR

When it's time to break your fast, it's very tempting to want foods that satisfy you quickly, but these are likely to be the unhealthier options. Why not try our healthier options?

- Break your fast with only one date
- Aloo channa chaat (potato and chickpea salad)
- Oven baked, grilled or air-fried aloo tikki – made from 3-4 egg-sized boiled potatoes
- Oven baked, grilled or air-fried shami kebabs (make with chicken mince and yellow split peas) instead of regular kebabs (just beef/lamb mince) to cut down on saturated fat intake
- For dips use low-fat natural yoghurt or low-fat greek yoghurt
- 1 wholewheat chapati or 100g brown/basmati rice with ¼ plate portion of curry (ideally daal/chickpea/bean/chicken curry with a vegetable of your choice). Serve with fresh salad.



SNACKS

If you're feeling peckish in between iftar and suhoor, try the snacks recommended below.

- 1 small bowl of plain fruit salad
- 1 small pot of low-fat yoghurt with fruit (7 strawberries, 2 chopped kiwi fruit/plums, 3 apricots, 1 banana)
- Vegetable sticks (1 red pepper/small carrot/cucumber) with reduced fat hummus
- Homemade popcorn (2 tbsp of unpopped kernels) made with olive or sunflower oil and flavoured with cinnamon, spices, herbs, garlic powder etc.



Top tips for keeping physically active

Increasing physical activity can help you to manage your weight during Ramadan.

- Consider walking to the mosque for evening prayers instead of driving. Or take the stairs rather than the lift. These are just a couple of manageable choices to increase your physical activity levels during Ramadan.
- Focus on lighter activities that you enjoy eg brisk walking or gentle jogs. And structure your day so you're active when it suits you best. Many people find it easier to work out when they get up in the morning before dawn rather than later in the day. But others find it easier to do smaller amounts of activity at intervals throughout the day.



Cooking tips and recipes

10 ways to keep your fat intake under control during Ramadan

1. Avoid adding spread / butter / ghee before cooking and avoid adding more once cooked
2. Grill, steam or microwave vegetables instead of frying
3. Choose low-fat dairy options: Use skimmed or semi-skimmed milk instead of full-fat, use low-fat cheese or paneer in cooking
4. Use a non-stick pan to reduce oil when cooking
5. Use spray oil or brush oil onto samosas and pastries and bake in the oven
6. Limit the oil content in curry or in frying spices and onions
7. Blot fried snacks on kitchen roll and drain off excess fat before continuing cooking
8. Serve chapattis and naans 'dry' – by not adding any oil in the dough or ghee and butter on top afterwards
9. Limit use of coconut cream and try lower fat alternatives such as crème fraiche, fromage frais, yoghurt
10. If you include meat, choose lean cuts, trim off visible fat and remove skin from poultry.

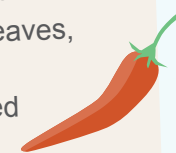


Some healthy recipes to try during Ramadan

CHICKEN SHAMI KEBAB RECIPE (4 PORTIONS)

INGREDIENTS

- ♥ 1 cup chana daal
- ♥ 1 tsp olive oil
- ♥ 1 tsp cumin seeds
- ♥ 7-8 cloves
- ♥ 7-8 black peppercorns
- ♥ 2 sticks cinnamon
- ♥ 2 tsp coriander seeds
- ♥ 1 tsp ajwain
- ♥ 3 red chilli whole
- ♥ 1/2 tsp chilli flakes
- ♥ 500g lean chicken breast, minced
- ♥ Pinch salt
- ♥ 1 cup water
- ♥ 1 tsp ginger, finely chopped
- ♥ 2 green chilli
- ♥ 2 tsp garlic, finely chopped
- ♥ 1/2 cup coriander leaves, chopped
- ♥ 1/2 cup mint leaves, chopped
- ♥ 2 eggs whisked



COOKING

1. Soak the chana daal for at least 30 minutes
2. In a non-stick pan, heat oil and add cumin seeds, cloves, black peppercorns, cinnamon, coriander seeds, ajwain, red chilli and chilli flakes. Sauté for 1-2 minutes
3. Now add the soaked chana daal and mix thoroughly
4. Add the chicken and salt. Bring to simmer, adding the water
5. Cook until all the water has evaporated and chicken is tender
6. Let it cool for some time and then grind all the ingredients into a thick paste.
7. In the paste add ginger, green chilli, garlic, coriander leaves and mint leaves. Mix all the ingredients to combine well
8. Now add the raw eggs and mix thoroughly
9. Using your palm make the kebabs a flat round shape
10. Glaze the kebabs with some egg wash
11. Place the kebabs in your air fryer and cook at 190C for 10 minutes. Or, put them in the oven at 190C for 12-15 minutes.

ALOO TIKKI RECIPE (1-2 PORTIONS)

INGREDIENTS

- ♥ 3 potatoes / aloo (boiled & mashed)
- ♥ 1 chilli, finely chopped
- ♥ 1 tsp ginger garlic paste
- ♥ ¼ tsp turmeric
- ♥ ½ tsp red chilli powder
- ♥ ½ tsp cumin powder / jeera powder
- ♥ ½ tsp aamchur / dry mango powder
- ♥ ½ tsp chaat masala
- ♥ Pinch salt
- ♥ 2 tbsp mint / pudina, chopped
- ♥ 2 tbsp coriander, chopped
- ♥ 2 tbsp cornflour

COOKING

1. Boil potatoes, mash and then leave to cool
2. Add chilli, ginger garlic paste, turmeric and chilli powder
3. Also add cumin powder, aamchur, chaat masala
4. Then add mint and coriander
5. Now add cornflour and mix well
6. Mix well, forming a soft dough and prepare tikki balls
7. Spray light oil on a non-stick pan.
8. Fry 2-3 minutes on each side. Alternatively, roast on a low flame until golden brown. Flip over and cook on the other side.

ALOO CHANNA CHAAT RECIPE (4 PORTIONS)

INGREDIENTS

- ♥ 2 cups boiled chickpeas or 1 tin of chickpeas
- ♥ 1 tsp red chilli powder
- ♥ Pinch salt
- ♥ 2 tbsp tamarind chutney
- ♥ 1 green chilli sliced
- ♥ 1 small onion diced
- ♥ 1 small potato boiled and diced
- ♥ 1 small tomato diced
- ♥ Chaat masala for garnish
- ♥ Coriander for garnish

COOKING

1. Wash, peel and boil the potatoes till tender. Drain the potatoes and cut into small cubes. Set aside.
2. Boil the chickpeas for 3 – 5 minutes, then drain
3. Transfer the chickpeas into a mixing bowl once dry and cool
4. Add the red chilli powder and salt, followed by the tamarind
5. Then add the diced potato, tomato, onion and green chilli. Mix together and garnish with chaat masala and coriander.