



HEALTHY RAMADAN

Balanced nutrition: include healthy fats, protein, and fiber in suhoor and iftar

Healthy fats: eggs, avocados, nuts, seeds, olive oil, avocado oil

Protein: chicken, turkey, beef, lamb, goat, Greek yogurt, cottage cheese, tofu, beans, lentils, eggs, egg whites, nuts, and seeds

Fiber: fruits, vegetables, quinoa, oats, whole grain products such as bread, pasta, nuts, seeds, beans, and lentils

All of these foods have one thing in common: they are whole foods or minimally processed foods.

They are nutrient dense foods that will help to keep you fuller longer and give you energy.

Suhoor-don't skip! The most important is to include healthy fats because fats take the longest to digest and will keep you fuller longer.

Example meals:

- chia seed pudding or oatmeal with fruit and nuts
- egg omelet with vegetables, and a slice of whole grain toast with avocado
- smoothie with fruit, milk, chia seeds, nut butter, oats, and protein powder

Iftar-keep it light when breaking your fast. Try to limit fried foods. Dates, water, and fruit are great choices!

Try to choose carbs that are not white carbs or take a smaller portion of carbs and include more protein, vegetables and healthy fats.



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Hydration:

- Always carry a water bottle after iftar and sip water frequently
- Include hydrating foods in meals and snacks
 - cucumbers, spinach, lettuce, celery, tomatoes, bell peppers, cauliflower, broccoli, zucchini, carrots, radishes, and asparagus
 - watermelon, cantaloupe, berries, oranges, grapefruit, pineapple, grapes, and apples
 - plain yogurt
 - milk
 - broth and soup

Movement:

- Aids in digestion, increases energy, lowers blood sugar after eating, and can help to manage stress
- Ramadan is not the time to start a new workout routine
- Find ways to incorporate movement that are enjoyable to you
- keep workouts less than 15 minutes in duration when fasting

Ways to get in movement:

- take a short walk before or after suhoor or iftar
- make a new friend at the masjid and walk together after iftar
- take a walk with your family
- try some gentle, restorative, chair, or beginner yoga
- take 5 minute breaks a few times throughout the day to move
- strength train in short amounts by performing body weight exercises such as planks, squats, or lunges or using resistance bands
- Check out these channels on YouTube:
 - Walk At Home
 - Lucy Wyndham-Read
 - Yoga With Adriene
 - Amanah Fitness



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