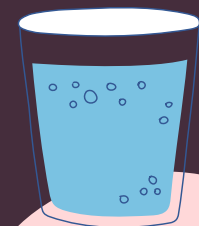
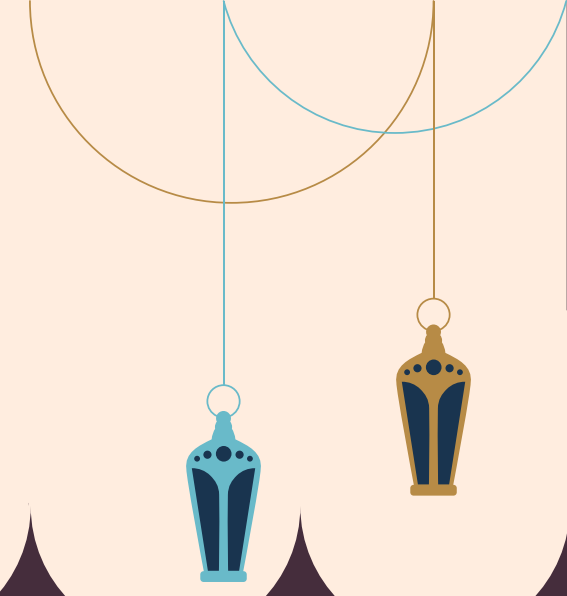


# Top tips for a healthier Ramadan



## Tip 1

Drink lots of water throughout the day. Always have a glass of water before each meal.

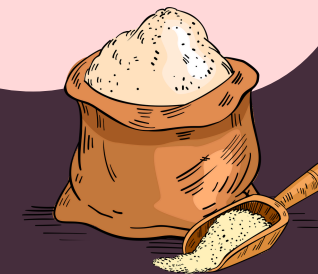


## Tip 2

Don't overindulge. You only have a short time each day to consume all essential nutrients and fluids your body needs to be healthy.

## Tip 3

Choose wholemeal versions of pasta, rice and bread



## Tip 4

Use unsaturated oils and spreads such as rapeseed, sunflower or olive oil instead of ghee and butter when cooking



## Tip 5

Grill or bake food to keep meals healthy.



## Tip 6

Limit Eid sweets and substitute them with fresh or dried fruit.

## Tip 7

Remember to stay active. Start your day with a morning walk.



## Suhoor

Oatmeal with low fat laban smoothie with fresh fruit  
Lentil soup with chopped carrot, celery and onion  
Courgette labneh dip with fresh chopped vegetables



## Tip 8

Avoid fried, salty and high sugar foods.



## Iftar

Eat three dates to break your fast



Chicken baked with sauteed vegetables and chickpeas

Baked fish with roasted vegetables and brown rice

Baked falafel with fattoush salad, houmous and pitta bread

