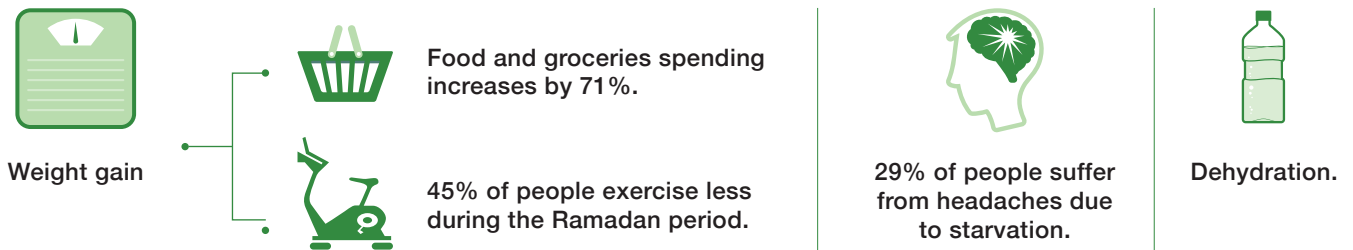


RAMADAN DIETS

Ramadan Fasting

It occurs from sunrise to sunset to cleanse the soul and have empathy for the less fortunate.





Fasting Risks



Well-controlled diet during fast can help detoxify, lower cholesterol and control blood sugar and pressure.

Do's and Don'ts

For Suhoor

-  Have fibre-rich food such as bran and beans to maintain blood sugar levels.
-  Consume protein rich food as they are important for body cells and reduce temptation for sweets.
-  Don't skip Suhoor meal as it gives strength and vitality for the day.
-  Avoid pickles and salty foods like nuts to control thirst during the day.

For Iftar

-  Break the fast with 2 dates followed by a glass of water or laban.
-  Eat soup and salad slowly to help feel full and prevent overeating.
-  Eating sweets immediately increases the size of your stomach and delays digestion.
-  Avoid deep fried foods as they increase cholesterol levels.

Sources:
Nestle (www.nestlefamily.com)
Livestrong (www.livestrong.com)
History (www.history.com)
Diabetes UK (www.diabetes.org.uk)
YouGov, based on online MENA population (research.mena.yougov.com)