

Healthy Cooking

Inspired by Sunnah Food

Your Guide to
Healthy Eating
during the Month of
Ramadan

Featuring:

* Recipes
[using food from the sunnah]

* Sahor & Aftar Guide

* Health Tips

* Fav. foods of Prophet (PBUH)



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Eat Healthy



“

Ramadan is not the month for stuffing ourselves after iftar, and putting on weight! It is the month where Allah (SWT) teaches us to control ourselves by restricting the basic elements and necessities of our lives. We have to stay within these boundaries even when we are allowed to eat. Eating healthy allows us to make the most of the month, and it means less time preparing elaborate dishes. ”

“A fasting person needs good, nutrient-rich food that provides the energy necessary for the priorities of daily life and no other time of year is that more important than during Ramadan when we're fasting for long hours, some of us in very hot climates or in the summer season.”

Here are some top tips for eating healthy during that short time of day in the month of Ramadan when food and drinks are meant to be consumed.

Best Choices for Sahur:

- Dates (sunnah)
- Whole grain bread/Oat Meal
- Banana (A banana at Suhoor time can control your thirst level through out the day as it's high in potassium).
- Potato (Best sources of potassium for Suhoor time)
- Milk (sunnah, potassium source)
- Avocados
- Dried peaches
- Pistachios
- Pumpkin
- Peas
- Dark chocolate
- Rice
- Yogurt

Worst choices for Suhoor:

- Biryani
- Kebab
- Pizza
- Fast food in general
- Cheese
- Haleem
- Aftar Leftovers (fried food)
- Caffeinated drinks
- Spicy food
- Fatty food



Common Mistakes in Ramadan

1. Drinking "Rooh Afza/Jam-e-Shirin" on a daily basis

Why: It contains high amounts of sugar, additives and colorants.

Solution: If you have to, drink it twice a week maximum.



2. Drinking large amounts of water at iftaar time

Why: Filling the stomach with water is more strenuous to it than with food.

Solution: have a few sips at iftaar then a glass after every two hours.

3. Exercising directly after iftaar.

Why: the body's blood flow is concentrated around the stomach at that time.

Solution: Exercise after two hours of eating to ease digestion.



4. Having dessert directly after iftaar

Why: They make you drowsy and sleepy.

Solution: Leave at least a two hour gap between iftaar & dessert to stay fresh and awake for ishaa and taraweeh.

5. Consuming foods with high amounts of sodium

Why: Sodium triggers thirst through out the fasting hours of the day

Solution: instead, eat foods that are high in potassium, they retain water and suppress your thirst.



* Chew & swallow food slowly as it can speed up digestion and help maintain your weight.

Ramadan & Prophetic Nutrition

Below are 11 Prophetic inspired foods you can incorporate during the holy month. Each of the Prophetic inspired foods has healing properties and are high in vital nutrients (vitamins/minerals).



With the anticipation of the long fasting hours (17-19 hours), we may experience certain side effects. The common physical side effects associated with fasting are headaches, dehydration, constipation, low blood pressure, anemia & low energy.

The following Prophetic 🌿 foods can greatly aid in reducing these side effects.

1. **Watermelon** - The # 1 fruit for hydration at suhoor.



2. **Ajwa dates** - Rich in natural fibers & prevents anemia.



3. **Rutab dates** - Rich in fiber aids in constipation.



4. **Water** - Essential for the human body to function.



5. **Cucumber** - Excellent for hydration.



6. **Beets** - Excellent to treat anemia and constipation.



7. **Liver** - Highest level of iron aids in reducing anemia.



8. **Nabeez drink** - Helps Remove acidity from stomach and digestive system



9. **Squash** - Helps stabilize blood sugar levels.



10. **Eggs** - Nutrient dense and excellent protein source.



11. **Cow, sheep or goat milk** - Excellent for calcium and bone health.

