

# Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



## Ramadan Mubarak Healthy Eating



### SUHOOR (Breakfast)

- Can consist of left-over dinner from the night before
    - Try to have at least 2 – 3 cups of vegetables, 1 cup of starch, & 1/3 cup of protein
  - Breakfast Options:
    - Protein shake with 1 serving of fruit, nuts, and dried oats
    - Beans: Fava beans, kidney beans, etc.
    - Veggies/Chili
    - Greek yogurt with fruit
- \*\*\* Suhoor should consist of foods that are high protein and fibre! Avoid overeating as this leads to discomfort later in the day. \*\*\***

### IFTAR (Dinner)

- Start your meal off with a salad or soup or have 1 – 3 dates with a glass of milk (optimal)

### Prayer Time ( Salatul Maghrib )

- Have at least 2 cups of either salad or soup. Make sure it is high in protein!
- Mealtime: Ensure that your dinner consists of 2 – 3 cups of vegetables, ½ cup of starch and 1/3 cup of protein

### Bedtime

- A bedtime snack should consist of a high protein and fibre: Example: Vegetables with hummus

### OTHER INFORMATION

- Since you will be having special “unhealthy foods”, that you will usually have in Ramadan (Examples: Samosas), please note that it is okay to indulge, but you must **PORTION CONTROL** your meals and snacks and choose wisely between the bread, rice, and pasta. If possible, try to avoid these foods all together.
- Avoid high sodium foods, as it increases one’s thirst!
- Remember to stay hydrated from Iftar time until Suhoor time!
  - Avoid carbonated and caffeinated drinks
  - Foods such as yogurt, veggies, and fruits are great options as they have more moisture control
- Exercise: If you exercised before Ramadan, you can continue a mild exercise program. If you did not exercise before, do NOT start during Ramadan but plan to start as soon as Ramadan is over.
- Remember to have each meal over a span of 15 – 20 minutes
  - Eat slowly to avoid GERD like symptoms such as bloating, gas, and heartburn
- Try to avoid spicy foods as this can lead to discomfort
- Try to eat 2-3 smaller meals for dinner instead of eating all at once, space it out

