

Slides to add to Sessions before Ramadan

Please add these slides to the month of sessions prior to Ramadan start.

Tips for fasting during Ramadan

- Ramadan is a great time to commit to healthier habits for the rest of the year
- Talk to your doctor about your fasting plan and check if medications need to be adjusted
- Be aware of signs of low blood sugar
- Raise awareness in your community/family about healthy eating when breaking fast
 - Talk to the planning committee at your mosque about purchasing and serving healthy food options
 - Talk to the person who cooks the food in your family about preparing healthy options

Tips for breaking fast

- **Drink lots of water (to keep you hydrated throughout the day)**
 - Avoid caffeinated tea, coffee, or soda. Also avoid sugary drinks like Tang Juice and lassi.
- **Be careful not to overeat. Follow the Plate Method.**
- **Choose healthy foods high in fiber to help you feel full longer and maintain your energy.**
 - Foods high in fiber take longer to digest and will help you feel full (whole grains such as brown rice or roti made with whole wheat flour, vegetables, beans/lentils)
 - Choose non-fatty proteins for energy (chicken, fish, eggs)
 - Avoid fried foods– these will make you feel more tired throughout the day and can lead to weight gain.
 - Avoid sugary foods and white rice– these will make you hungry and cause blood sugar levels to rise
 - Limit or avoid eating sweets such as jalebi, roshgulla, gulab jaman, and jarda rice, Firni (have 1-2 per week, not daily)