

Ramadan Mubarak

Iftar

When breaking the fast consume foods with plenty of fluids, fluid-rich foods, low-fat and natural sugar for energy

Drinks: water, milk, fruit juice (natural) or smoothies

Dried fruits: Normally fast is broken after eating dates. They are great sources of nutrients you require after long day of fast. Eat other dried fruits as well such as apricots, figs, raisins or prunes.

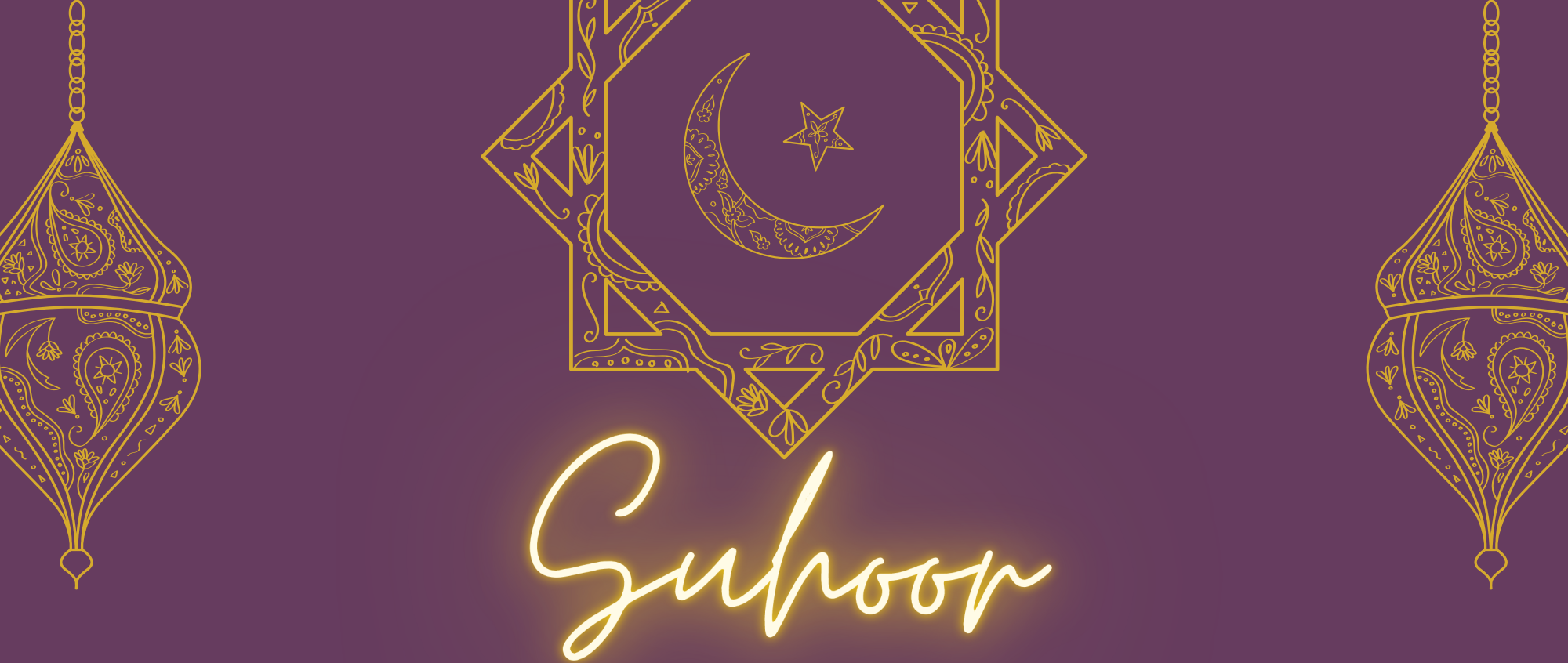
Fruits: Fruit provides natural sugars for energy, fluid and some vitamins and minerals.

Soups: Traditional soups are based on a meat broth and often contain pulses, like lentils and beans, and starchy foods like pasta or grains, providing nutrients and energy.

Avoid:

1. Fatty foods
2. Fried foods
3. Sugary drinks
4. Sweets





Drink starchy foods for energy throughout your day, high fibre and wholegrains along with loads of fluids

Oats: try consuming oats as a porridge with milk and fruits. You can add nuts and seeds as well for toppings.

Yoghurt

Breads or rice with soups and curries: do not refrain yourself from having small portions as they will help you with energy throughout your day

Reduce your caffeine intake

Do not consume salty foods, sauce, chutneys and use spices and herbs to add flavor food

