
Ramadan Healthy Meal Guide

by Joanna Soh





Ramadan Healthy Meal Guide

- What foods should you be eating to stay healthy?
- What are the portion sizes?
- What are the foods to avoid?



Ramadan Healthy Meal Guide

During the fasting month, your **metabolism will slow down** due to long hours without food and drinks. To keep a balance, **your diet should have less than the normal amount of food**, yet enough to keep you healthy and active. In general, your diet should be **simple** and does not differ too much from your normal everyday diet.

For those of you who are planning on losing some weight, this month is the perfect time to start by making healthier food choices and to learn portion control.



Iftar

- The food eaten immediately after sunset to break fast.
- To replenish your body with **fluid** and also a **quick burst of energy**.
- This meal should be **small snack** just enough to bring low blood sugar levels to normal levels.



Iftar

Choose 1 or 2 from these 3 types of food:

1) Fruits or dried fruits

- Fresh fruits such as apple, grapes and pear.
- Dried fruits such as dates, prunes or raisins.
- Fruits contain high amount of natural sugar for a **quick energy boost.**
- Serving size: **1 small handful of dried fruits, 2 - 3 Medjool Dates** or **1 piece of fresh fruit.**





Iftar

2) 100% Natural Fruit Juice or Smoothie

- Choose brands without any added sugar.
- You may choose to sweeten it with natural sweeteners like honey, maple syrup or stevia.
- Fruit juice or smoothie contains both **natural sugar** and **fluid to hydrate the body**
- Serving size: **1 cup.**





Iftar

3) Milk

- Contains **natural sugar** as well and water to **replenish the body**.
- This can also aid with digestion.
- Serving size: **1 cup**





Dinner

For dinner, this meal should not differ much from your regular dinner.
Have a balanced meal consisting of:

- **Complex Carbs**
- **Protein**
- **Vegetables**
- **Dairy**
- **Healthy Fats**



Complex Carbs

Function: Complex carbs are food that will help **release energy slowly**, hence providing your body with energy throughout the day.

Healthy examples: Rice, chapati, barley, oats, whole grain bread, lentils, couscous and potatoes.



Serving size:

For **female**, aim to have **1 serving** of complex carbs.

For **male**, you can go for **1.5 to 2 servings** depending on your body composition.

1 serving is

- 1 bowl of rice or other grains
- 1 medium potato
- 2 slices of bread
- 1 small piece of chapati

1 SERVING OF COMPLEX CARBS



= 1 bowl of Rice



= 1 medium Potato



= 2 slices of Bread



Protein

Function: Because protein takes much longer for the body to breakdown, it will **keep you satisfied for much longer**, which can also help to **keep cravings under control**.

If you intend to do a short workout session before dinner, then having protein in your meal will help with **muscle recovery**.

Healthy examples: Baked, grilled or steamed chicken such as tandoori, kambing or ayam bakar, eggs, chickpeas, any types of beans, fish, tofu and tempeh.



Serving size:

For **female**, you can have **1 serving**.

For **males**, have **2 servings**.

1 serving is

- meat the size of your palm
- 2 eggs
- ½ cup of cooked beans / tempeh
- 2 tablespoons of peanut butter

1 SERVING OF PROTEIN



= 3oz. / the size of your palm of
Chicken or Fish



= 2 Eggs



= 1/2 cup of Beans



= 1/2 cup of Tempeh



Vegetables

Function: Vegetables are extremely **low in calories and high in fibre**, hence they will **fill you up** and it is hard to overeat them. If you want to watch your weight during the fasting month, then pack your plate with lots of vegetables.

Healthy examples: Green leafy vegetables such as bayam, sawi, spinach, kangkung, broccoli, lady finger, cucumber, carrots, cauliflower and more.



Serving size:

Aim for at least **2-3 servings** on your dinner plate. You can have more if you want to.

1 serving is

- 1 cup of leafy vegetables, broccoli or carrot.
- ½ cup of fresh dense vegetables.

1 SERVING OF VEGETABLES



= 1 cup of Leafy Vegetables



= 1/2 Bell Pepper



= 1 medium Carrot



= 1/2 cup of Pumpkin



= 1/2 cup of Lady Finger



Dairy

Function:

Consume dairy in moderation to aid with digestion. This can be consumed separately or it may be added as part of your cooking.

Healthy examples: 1 glass of milk, 1 small pot of yoghurt, 1 slice of cheese or 1 tsp. butter.





Healthy Fat

Healthy fat is for your **heart health**, but they are very high in calories, so consume in very **small amounts**.

Serving size:

- 1 tbsp. of Olive oil / Coconut oil
- 1 ounce (30g) of nuts or seeds
- Half an avocado
- 1 tbsp. Peanut Butter

Healthy fat are usually added as part of your cooking, so for instance lightly stir fry your dish with small amount of olive oil. Sprinkle your salad with small amount of olive oil, seeds or nuts. Or serve it with avocado. You can also add more fatty fish into your diet such as salmon, mackerel or tuna for Omega-3s.





Preparation Method

- Preparation method is key to either making a meal healthy or unhealthy.
- Choose to cook your meals by **grilling, boiling, steaming** or **baking** rather than deep-frying, which will destroy most of the nutrients and increase the calories!

HEALTHIER COOKING METHOD



Steaming



Grilling



Boiling



Baking



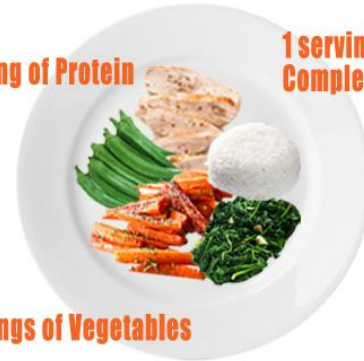
Example of Dinner Meal

- Complex Carbs: 1 small bowl of Rice
- Protein: 1 serving of Chicken Breast cooked with herbs and spices.
- Vegetable, Dairy & Healthy Fat: lightly stir fry mixed vegetables using 1 tsp. of olive oil.
- 1 glass of Milk

DINNER

1 serving of Protein

1 serving of Complex Carbs



3 servings of Vegetables



1 glass of Milk



Remember!

- Remember that your dinner should **remain a meal, not a feast!**
- After dinner, allow time for your body to digest and register the feeling of fullness. It takes **20 minutes** for your body and mind to know that you are full. So **don't rush your dinner** and finish the entire meal in 15 minutes! Instead pace yourself and appreciate the food you have been blest with.



Before Sleeping

- **30 minutes after dinner** or **before sleeping**, consuming **1 to 2 servings of fruits** to **facilitate digestion** and prevent any indigestion issues.
- You may choose to have fruit on its own, or make a yoghurt parfait with fruits, nuts or seeds.
- If you feel slightly hungry late at night, have a small snack to keep hunger at bay without feeling too overly full.





Suhoor

- Suhoor is the pre-dawn meal.
- Aim to consume a wholesome, moderate meal **high in complex carbs, protein** and **fibre**, which are filling and will provide you enough **energy** for many hours.



Suhoor

Here are examples of **slow digesting meals** which are light but will help to keep you **energized for many hours**. These are all very quick recipes which you can prepare under 15 minutes and some can even be made ahead.

- 1) Peanut butter toast with banana slices
- 2) Overnight oats
- 3) 2 half boiled eggs with 2 slices of bread
- 4) Fruit or Green Smoothies
- 5) Yoghurt Parfait
- 6) Wholemeal Chicken Sandwich
- 7) Fresh Seaweed Popiah





Suhoor

- The serving size should be approximately **half of your dinner size**.
- For instance you can **choose one solid meal and one liquid meal**. For example, have a peanut butter toast topped with sliced bananas and a green or fruit smoothie. This combination will keep your body hydrated and give you enough energy for many hours.
- **Avoid overeating** or **consuming heavy meals** for **Suhoor**, as it can make you feel sluggish and lethargic right from the start of the day. And we do not want that.



Solid Meal

+



Liquid Meal



Water, Water, Water!

- Aim to drink lots of water, at least **2 – 2.5L** between Iftar and Suhoor to **avoid dehydration**, especially on days when you're exercising.
- **Avoid eating** or **drinking** stuff that'll only make you thirsty such as **salty food, sodas** or **drinks with refined sugar**.
- Aim to drink water in its purest form and remember, keep drinking plenty of water!





Food to Avoid

- **Fast food** and **heavily processed foods** such as burger, chips, deep-fried samosas or fried chicken.
- **Foods high in refined carbs**, such as white bread or white flour.
- Too much **fatty and high sugar food**, such as oily curries, anything deep fried, cakes, biscuits, pastries, chocolate, traditional sweets and more.
- You might want to **avoid spicy food** as it may cause indigestion, bloating and discomfort to the stomach.
- **Avoid** or **reduce on your caffeine intake**, such as coffee, tea or coke, as they contain diuretic properties, which may stimulate faster water loss through urination.



Be Prepared

- Don't wait until the first day of Ramadan to start eating healthier.
- Instead, **a week before Ramadan** is the perfect time to start cleaning up your diet by eliminating all the bad sugary, salty and fatty food and drinks, slowly reduce your caffeine intake and get used to drinking more water.
- If you plan ahead and are prepared both mentally and physically, chances are you're more likely to succeed and stay discipline throughout the month.