

# RAMADAN Healthy Meal Guide

*By Joanna Soh*

## IFTAR

Choose 1 or 2 from this list:

1) Fruits or Dried Fruits: dates, prunes, raisins etc

\*\*Serving size - 1 small handful or 1 piece of fruit.

2) 100% Natural Fruit Juice or Smoothie - No added sugar!

\*\*You may sweeten it with natural sweeteners like honey.

\*\*Serving Size - 1 cup (about 250ml)

3) Milk – Any type. Serving size - 1 cup.

## DINNER

Consume a balanced meal consisting of Complex Carbs, Protein, Vegetables, Dairy (Optional) & Healthy Fat.

### SERVING SIZES:

1) Complex Carbs: Female - 2 servings, Male - Add 1 or 2 extra servings.

\*\*1 small bowl of rice is 2 servings.

2) Protein: Female - 2 to 3 servings, Male - Add 1 or 2 extra servings.

\*\*1 serving of protein is 1oz / 30g.

3) Vegetables: At least 2 to 3 servings or as much as you want.

\*\*1 serving of vegetable is 80g.

4) Dairy (Optional): Consume 1 serving.

\*\*1 serving is 1 cup of milk / 1 small yoghurt pot / 1 slice of cheese.

5) Healthy Fat: Usually added as part of your cooking.

\*\*Ex: 1 tsp or 1 tbsp olive oil, 1 small handful of nuts / seeds, avocado etc.

## 30 MINUTES AFTER DINNER

Consume 1 to 2 servings of fruits to facilitate digestion and prevent any indigestion issues.

## BEFORE BEDTIME

Optional - only if you are hungry. Choose small healthy snacks, which will keep hunger at bay without feeling too overly full. Watch my “10 Healthy Late Night Snacks” or “Under 100-Calorie Healthy Snacks” for recipes.

## SUHOOR

Consume a wholesome, moderate meal high in complex carbs, protein and fibre, which are filling and will provide you with enough energy for many hours. The serving size should be approximately half of your dinner size. Avoid overeating or consuming heavy meals for Suhoor, as it can make you feel sluggish and lethargic.

“Ramadan Healthy Meal Guide” Video & Recipes are available at  
[www.youtube.com/user/joannasohofficial](http://www.youtube.com/user/joannasohofficial)