

Fasting and Optimizing Your Health

Ifar:

This meal could include dates, following the Prophetic traditions. Dates will provide a refreshing burst of much-needed energy. Fruit juices will also have a similar, revitalizing effect. The meal should remain a meal and not become a feast! Try to minimize the rich, fatty dishes that traditionally celebrate the fast.

Suhur:

The pre-dawn meal should be a wholesome, moderate meal that is filling and provides enough energy for many hours. It is therefore particularly important to include slowly-digesting foods in the *suhur*.

Healthy Food:

Complex carbohydrates are foods that will help release energy slowly during the long hours of fasting. Complex carbohydrates are found in grains and seeds, like barley, wheat, oats, millets, semolina, beans, lentils, whole meal flour, basmati rice, etc. Fiber-rich foods are also digested slowly and include bran, cereals, whole wheat, grains and seeds, potatoes with the skin, vegetables such as green beans and almost all fruit, including apricots, prunes, figs, etc.

O Allah help me...

Control my eating and sleeping habits

Quit smoking

Not over eating

Eat healthier

Eat fruits & vegetables

Avoid fatty foods

Exercise to keep fit

