

Healthy Ramadhan

Health tips and advice for Ramadhan

WellWishers
Through **Charity** and **Education**

What is good health

- Physical

- Our bodies' necessities, avoiding excess

- Mental

- Controlling emotions, patience, self-control

- Spiritual

- Taqwa, purifying the heart, simple life

Our choice

- Poorest health outcomes are in Muslim communities
- Genetic vs **Lifestyle**

Give in or give up

How being healthy can help

- Prevent chronic diseases from developing
 - Stopping smoking
 - Eating a healthy and varied diet
 - Regular exercise
- Good mental and spiritual health
 - Achieve potential at school and work
 - Positive contribution to society
 - Become a means of encouraging each other and non-Muslims to Islam

What to do for Ramadhan...and after

- Stop smoking (or NEVER start)
- Real long-term focus on diet
 - Try olive oil for cooking
 - Avoid frying
 - Minimise saturated fats
 - Search 'low fat diet sheet'
- Regular exercise

Ramadhan timetable

- Suhoor ideas (each with dates and plenty of fluids)
 - Porridge, Toast, Nuts
 - Cereal, Crumpet, Banana
 - Muesli cereal, Orange
 - Dried fruit, Crackers with cheese
- Iftaar ideas (again with dates and plenty of fluids)
 - Chicken salad and hummus with bread
 - Vegetable pasta
 - Chicken or baked fish with boiled rice

Exercising

- Be moderate
- Build up gradually
- Respond to your body

Other symptoms

- Heartburn small portions, less acid
- Constipation fluids, fruit, fibre
- Headache fluids
- Dehydration fluids
- Stress relaxation, worship

Take home points

- Swap bad food for good
- Stop smoking
- Manage your conditions well

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