

Healthy eating during Ramadan

Drink plenty of fluids

Water is the best way to rehydrate before and following a fast.



Milk and fruit juice can also help but be aware of the added sugars and calories.

Fruit and vegetables

Provide lots of vitamins and minerals

and are a good source of fibre.



Dried fruit such as dates provide a quick release of energy (Iftar)

Have a high water content so will help to keep you hydrated.

Starchy foods (Complex carbohydrates)

Provide a slow release of energy throughout the day, good at suhoor.

Examples include - oats, barley, wheat, semolina, beans, lentils, basmati rice.



Fibre rich foods

Helps prevent constipation and aids digestion.

Helps to lower blood pressure.

Foods include: wholemeal bread and pasta, brown rice, bran cereals, fruits and vegetables, nuts and seeds.



A Derby City Council Project

Try to eat foods from all of the food groups in the Eatwell Guide below



Healthy alternatives

- Baked samosas and boiled dumplings.
- Chappatis made without oil.
- Baked or grilled meat or chicken.
- Homemade pastry (single layer).
- Milk based sweets and puddings such as rasmalai and barfee.

What to Avoid

Deep fried foods

Are high in fat and calories and could make you put on weight.

Grill, bake or boil pakoras, samosas and fried dumplings, instead of frying.



Food and drinks high in sugar

High in both sugar and calories, increasing your risk of developing diabetes and heart disease.



Foods high in Fat

Fat is higher in calories than both protein and starchy foods (carbohydrates).



Some foods which may be higher in fat are parathas, curries cooked with lots of oil, and pastries.

