



Tired of feeling like this after iftar and suhoor?

Follow these quick and easy steps for an invigorating fasting experience this summer!

Food to limit



Junk food, fried snacks and sugary treats should be limited at meal times, as you will not have enough energy for fasting because what you eat does not contain a lot of nutritional value.

This means you will feel hungrier, earlier, than if you had a balanced meal!

Tip: Eat lighter foods for the first 30 mins after iftar, then have a good balanced meal after.

Avoid excess salt - this makes you thirstier.

Food to opt for



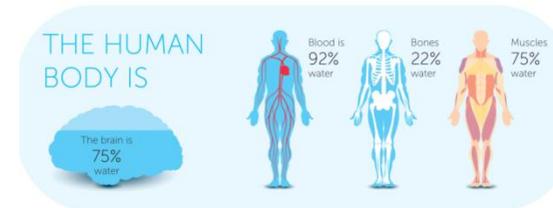
- Dates and fruit are a great way to break the fast as they provide natural sugars for energy, provide minerals like potassium, copper and manganese and are a source of fibre (important for digestion).
- Breakfast cereals and oats - these provide plenty of fibre and are often fortified with vitamins and minerals, providing extra nutrients.
- Lentils & nuts: Due to their mix of fibre, complex carbohydrates and healthy fats, they increase steady, slow burning energy and stabilise your blood sugar through the day.
- Soups are a good way of keeping full and staying hydrated, add chicken and your favourite veg to stay fuller for longer!

Tip: Go for complex carbohydrates (go brown- brown rice, wholemeal bread & crackers, quinoa etc. It will make you feel a lot fuller & lasts longer than white refined carbohydrates.

Hydration is KEY



Fasting individuals will experience mild dehydration, which may cause headaches, tiredness and difficulty concentrating. However, studies have suggested that this is not harmful to health, provided that enough fluids are consumed after breaking the fast to replace those lost during the day.



➤ Tips on staying hydrated

- Gradually increasing water intake rather than filling your stomach like a water balloon at sehri as it will result in - throwing up or multiple visits to the loo!
- Melons are 90% water, eating them provides natural sugar and fibre too.
- Keep a glass of water handy to sip with any meal, this way you maximise fluid intake.
- Swap sugary drinks for home made fruit mocktails - thirst quenching AND delicious!

Lime & mint fruit mocktails

Ingredients

- 4 limes
- Frozen berries
- 3 teaspoons of honey
- Handful of mint leaves
- Water & ice



Don't like berries?

Use citrus fruits!

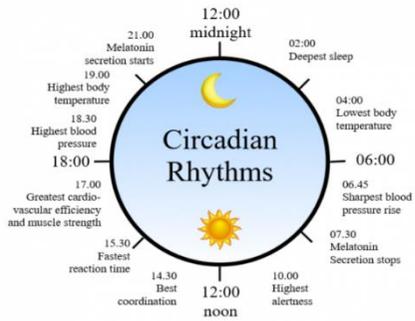


Instructions: Cut the lime in half and squeeze all the juice into a jug. Add 3 teaspoons of honey and a cup of frozen berries. Crush or tear the mint leaves and add them into the mixture. Pour in 1 pint of cold water and mix. Add ice and a straw for fresher taste and flair.

Tip: Eat the fruit left at the bottom of your glass rather than wasting it! Extra vitamins AND hydration!



Your body clock (circadian rhythm) will change during Ramadan, as your sleeping and eating habits also change. Therefore it is important you are resting and still trying to get enough sleep.



Top Tips

- 1) Try to get the same amount of sleep you get now, over a 24 hour period. Sleeping in one full block may not be possible so consider alternative options.
- 2) Make a plan before Ramadan which fits in with your schedule the best and try to stick to it.
- 3) If your energy levels are low, try having power naps when you are at home.
- 4) Maintain a healthy diet as sleep quality is affected by high calorie, sugary food.
- 5) Avoid energy drinks! They are extremely high in sugar and the caffeine stays in your system for up to 12 hours - disrupting your sleep cycle!

This means that you should utilise the time between when school finishes and iftar.

Do you need rest? Sleep? Would you rather do your homework now or later?

These are important things to consider as you adjust to a new timetable.



Getting sufficient sleep will affect not only your day to day activities, but also your appetite.

Lack of sleep = low appetite = less energy = lower concentration levels

Find a balance between school, fasting, rest, sleep and your daily timetable. This is a sure way to have a successful and fulfilling Ramadan.

Ramadan Mubarak!

Making the most of Ramadan this summer

