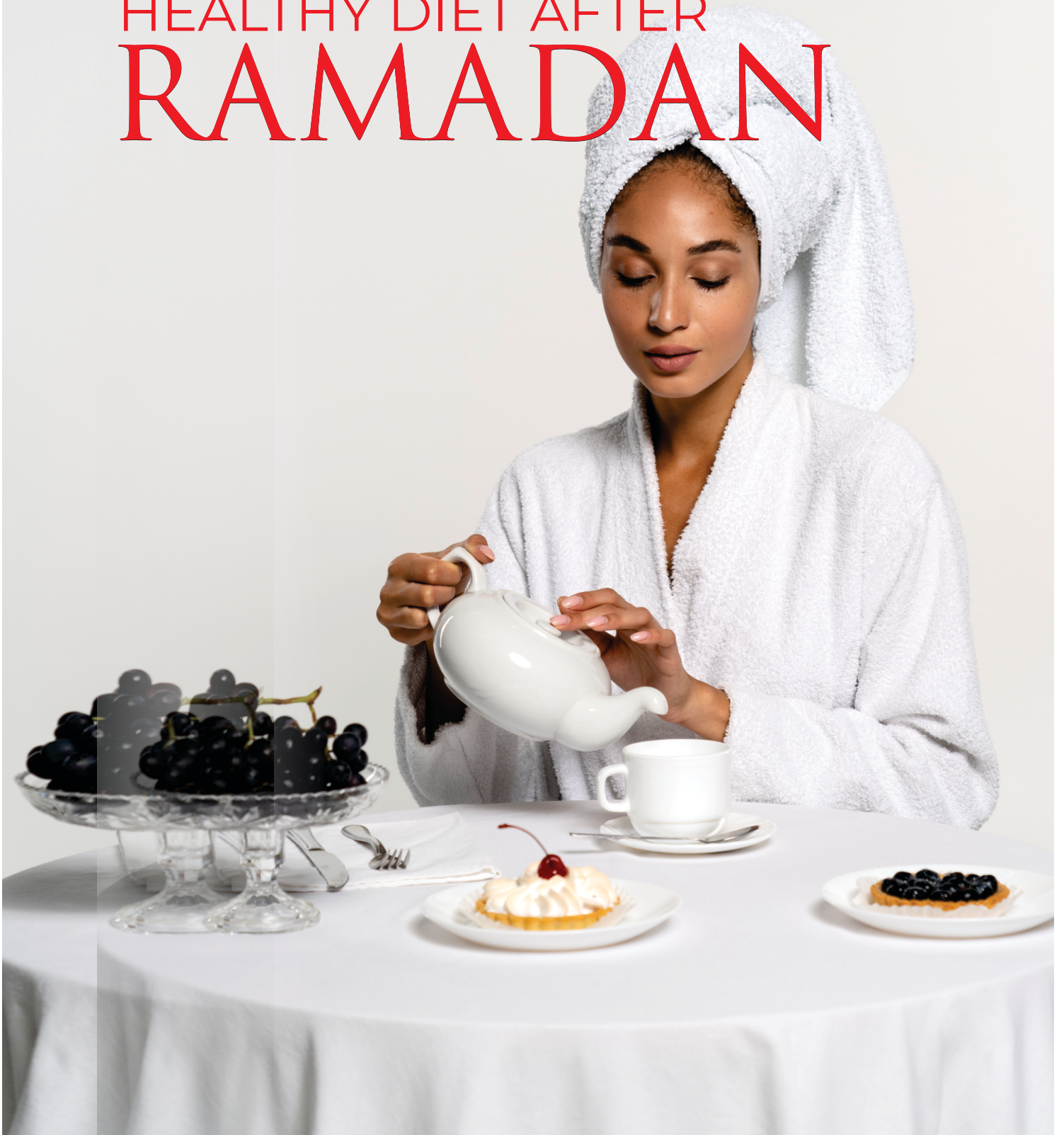


KEEPING A  
HEALTHY DIET AFTER  
RAMADAN



# INTRODUCTION

After a long month of fasting, it's essential to adopt healthy eating habits to maintain a healthy body weight, keep energy levels up, and reduce the risk of illnesses.

This eBook provides a comprehensive guide on how to adopt a healthy diet after Ramadan.

The first step towards a healthy diet is to understand your nutritional needs. After Ramadan, your body might be depleted of essential vitamins and minerals, and it's vital to replenish them.

These essential vitamins and minerals are contained in fish, shellfish, fruits and vegetables, dairy foods, eggs, and some fortified breakfast cereals.



# START WITH A BALANCED DIET

**EATING A BALANCED DIET IS ESSENTIAL FOR MAINTAINING GOOD HEALTH AND WELL-BEING.**

**HERE ARE SOME BENEFITS OF EATING A BALANCED DIET:**

- **Provides essential nutrients:** A balanced diet includes a variety of foods that provide all the essential nutrients that your body needs, such as vitamins, minerals, protein, carbohydrates, and healthy fats.
- **Maintains a healthy weight:** Eating a balanced diet can help you maintain a healthy weight by ensuring that you consume the right amount of calories for your body's needs.
- **Reduces the risk of chronic diseases:** Eating a balanced diet can help reduce the risk of chronic diseases such as heart disease, stroke, and certain types of cancer.
- **Boosts energy levels:** A balanced diet provides the necessary fuel for your body, helping you stay energized throughout the day.
- **Improves cognitive function:** Eating a balanced diet can help improve cognitive function, including memory and concentration.
- **Improves mood:** A balanced diet can help improve your mood by providing the necessary nutrients that support brain function and regulate mood.
- **Improves digestive health:** Eating a balanced diet that includes plenty of fiber-rich foods can help improve digestive health and reduce the risk of constipation and other digestive issues.

# CUT DOWN ON PROCESSED FOODS

**Processed foods are often high in calories, sugar, salt, and unhealthy fats. Consuming too many processed foods can lead to a variety of health problems, including:**

- **Weight gain:** Many processed foods are high in calories and unhealthy fats, which can contribute to weight gain and obesity.
- **Increased risk of heart disease:** Processed foods often contain high amounts of unhealthy fats, such as trans fats and saturated fats, which can increase the risk of heart disease.
- **Increased risk of type 2 diabetes:** Processed foods are often high in sugar and refined carbohydrates, which can increase the risk of developing type 2 diabetes.
- **Nutrient deficiencies:** Many processed foods are low in essential nutrients, such as fiber, vitamins, and minerals, which can lead to nutrient deficiencies over time.
- **Digestive problems:** Processed foods can be difficult for the digestive system to break down, leading to digestive problems such as constipation and bloating.
- **Increased risk of cancer:** Some processed foods contain additives, preservatives, and artificial colors, which have been linked to an increased risk of cancer.
- **Addiction:** Processed foods are often designed to be highly palatable and addictive, making it difficult to stop eating them once you start.

**Overall, consuming too many processed foods can have serious health consequences. It's important to limit your consumption of processed foods and focus on eating a balanced diet that includes plenty of whole, unprocessed foods.**

# DRINK PLENTY OF WATER AND FLUIDS

**Drinking water is essential for maintaining good health and well-being. Here are some benefits of drinking water:**

- **Hydrates the body:** Drinking water is the best way to hydrate the body, which is essential for many bodily functions, including regulating body temperature, transporting nutrients, and removing waste products.
- **Promotes healthy skin:** Drinking water helps to keep the skin hydrated, which can help reduce the appearance of wrinkles and fine lines.
- **Boosts immune function:** Drinking water can help boost the immune system by flushing out toxins and supporting the function of the lymphatic system.
- **Prevents headaches:** Dehydration can cause headaches, and drinking water can help prevent them by keeping the body hydrated.
- **Helps with weight loss:** Drinking water can help with weight loss by promoting feelings of fullness, reducing calorie intake, and boosting metabolism.
- **Improves mood:** Dehydration can lead to fatigue and irritability, and drinking water can help improve mood and energy levels.

**Overall, drinking water is essential for good health and well-being. It's recommended that adults drink at least 8 glasses (64 ounces) of water per day, although individual needs may vary depending on factors such as activity level, climate, and overall health.**

# PRACTICE PORTION CONTROL

There is the temptation to overcompensate with food after a long period of fasting like the Ramadan. However, eating too much can lead to weight gain and other health problems. Practicing portion control is an important part of maintaining a healthy diet. Here are some tips to help you practice portion control while eating:

- **Use smaller plates:** Using smaller plates can help you eat smaller portions without feeling deprived. When you use a large plate, you may be tempted to fill it up, which can lead to overeating.
- **Measure your food:** Use measuring cups or a food scale to measure your food portions. This can help you be more accurate with your portions and avoid overeating.
- **Pay attention to serving sizes:** Be aware of the serving sizes for the foods you eat. Nutrition labels on packaged foods can provide information on serving sizes and nutritional content.
- **Slow down and savor your food:** Eating slowly and savoring your food can help you feel more satisfied with smaller portions. It takes about 20 minutes for your brain to register that you're full, so take your time and enjoy your meal.
- **Don't eat straight from the container:** Eating straight from the container can make it difficult to keep track of how much you're eating. Instead, portion out your food onto a plate or bowl.
- **Listen to your hunger and fullness cues:** Pay attention to your body's signals of hunger and fullness. Eat when you're hungry and stop eating when you're full.

**Remember, portion control is not about depriving yourself or feeling hungry. It's about being mindful of what and how much you're eating to support your health and well-being.**

# STAY ACTIVE

**Regular exercise provides numerous benefits for both physical and mental health. Here are some of the key benefits of exercise:**

- **Improved cardiovascular health:** Regular exercise helps strengthen the heart and improves the cardiovascular system, reducing the risk of heart disease and stroke.
- **Measure your food:** Use measuring cups or a food scale to measure your food portions. This can help you be more accurate with your portions and avoid overeating.
- **Increased strength and endurance:** Exercise helps build muscle strength and endurance, making everyday tasks easier and reducing the risk of injury.
- **Weight management:** Exercise can help with weight management by burning calories and building lean muscle mass.
- **Reduced risk of chronic disease:** Regular exercise can help reduce the risk of chronic diseases such as type 2 diabetes, high blood pressure, and some types of cancer.
- **Improved mood and mental health:** Exercise releases endorphins, which can improve mood and reduce feelings of anxiety and depression.
- **Improved cognitive function:** Exercise can improve cognitive function, including memory, focus, and concentration.
- **Better sleep:** Exercise can improve sleep quality and help with insomnia.

**Overall, regular exercise is essential for maintaining good health and well-being. It's recommended that adults get at least 150 minutes of moderate-intensity aerobic exercise per week, along with strength training exercises for all major muscle groups at least twice a week.**



**EAT  
HEALTHY**

**STAY  
HEALTHY**

**REMAIN  
COVERED**

**UNDER  
HYGEIA HMO**