

# NUTRITION DURING RAMADAN

## RAMADAN

Ramadan is the 9th month in the Islamic lunar calendar and begins with the sighting of a new moon. It is a month in which Muslims abstain, during daylight hours, from food, drink, and other sensual pleasures. It is not only a time of fasting but also of spiritual renewal, reflection, and growth in God-consciousness and moral excellence.

## ISLAM



Fasting is the 4th pillar of Islam and observing Ramadan is one of the best means by which a person attains piety and forgiveness of sins. Fasting is intended to help teach Muslims self-discipline, self-restraint, and generosity.

FROM DAWN



FAJR

FASTING & PRAYERS

TO SUNSET



MAGHRIB

Muslims fast from dawn to sunset, unless they are ill, diabetic, pregnant, breastfeeding, or traveling.

## QURAN

Ramadan is the month in which the Qur'an was revealed (2:185). In addition to fasting, Muslims are encouraged to establish a connection with the Qur'an by reciting it. Other common practices during this month include performing extra nightly prayers and attending Islamic lectures at a local mosque.



## THE HOLY MONTH OF RAMADAN

**GIVE, GIVE, GIVE!**  
Ramadan is a time to empathize with those who are less fortunate and to appreciate what one possesses. Giving to good causes and generosity to neighbors is also encouraged. Even a smile is considered a charitable act.

**C H A R I T Y**

## THE NIGHT OF POWER

The Night of Power, also known as the Night of Decree, falls during the last 10 days of Ramadan and is more significant than a thousand months (97:3), which is why some Muslims pray extensively in the last third of Ramadan.



# 1.8

**BILLION PEOPLE OBSERVE RAMADAN**

## RAMADAN KAREEM

(means have a generous Ramadan)



A time when families, friends, and communities come together to pray, fast, and eat.



The Prophet (peace be upon him) said: When one of you is fasting, he should break his fast with dates; but if he cannot get any, then (he should break his fast) with water, for water is purifying. Sunan Abu Dawood - Book 13 Hadith 2348

## EID AL FITR

Eid al-Fitr, translates as "the festival of breaking the fast," begins when the moon rises on the final day of Ramadan. Eid is marked with a special set of prayers in the morning followed by festivities and food usually shared with friends and family.

Muslims all over the world greet each other with this phrase. "Eid" means "celebration" and "mubarak" means "blessed".



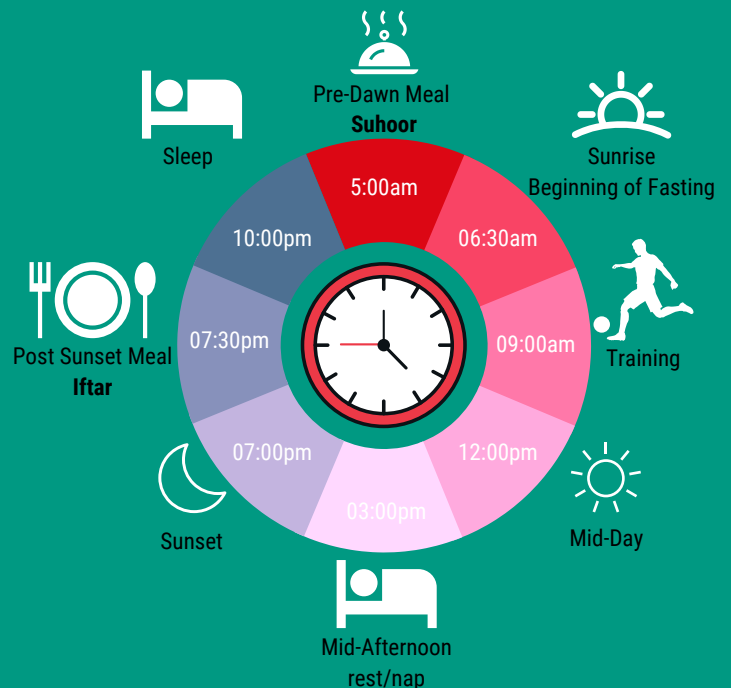
## Suhoor

The Suhoor is a vital part of fasting. Muslims eat a healthy meal in Suhoor in order to remain in good health for the rest of the day during the fast. Suhoor is the right time to consume a meal and fill yourself adequately so that you can fast throughout the day.

## Iftar

The Iftar is the meal served at the end of the day during Ramadan, to break the day's fast. Literally, it means "breakfast." Iftar is served at sunset during each day of Ramadan, as Muslims break the daily fast.

## Typical Daily Routine during Ramadan



For athletes some of the main issues during Ramadan are:

**Hydration** - Fluid intake is also restricted during the fasting period.

**Refueling** - Many athletes continue to train or compete during Ramadan. This can lead to issues with underfueling and recovery.

**Muscle Repair** - Protein is an essential nutrient required for building and maintaining muscle mass. It is important for athletes to remember to hit their daily protein target even during Ramadan.

**Sleep** - It's not uncommon to experience a disruption in sleep quality during Ramadan.



## Suggested Ramadan diet

The dietary suggestions below are aimed at active football participants. If you have, or are likely to have, any health issues during fasting, you should seek appropriate medical advice before starting any major dietary changes.

### After sunset meal (Iftar)

#### Dos

Eat a small amount of quick-release carbohydrates (e.g. dates, fruit, smoothies and pasta);  
Include a source of protein to help with maintenance of muscle and recovery.

#### Don'ts

Eat a high fat or processed meal as this could leave you feeling sluggish and fatigued, without adding a lot of nutrients to your diet.

### Before dawn meal (Suhoor)

#### Dos

Focus on carbohydrates that release energy slowly like sweet potato, pasta, fruit, oats and porridge.

#### Don'ts

Skip Suhoor. It's important to consume breakfast to allow you to get through the rest of your day.



# COMMON MISTAKES DURING RAMADAN

## 01 DRINKING INCORRECT AMOUNT OF FLUID

Drinking irregular or inconsistent amounts of fluid between Iftar and Suhoor. The body may find it difficult to regulate fluid levels if intake is sporadic or irregular. Try not to drink a large volume of water before dawn as this may actually increase urine output and result in greater fluid loss.



## EATING SALTY FOODS 02

Eating foods that contain a lot of salt (especially during the Suhoor meal) can result in an increased sensation of thirst for the remainder of the day. Try to stay clear of highly processed foods and ready meals and consider adding less salt to meals.

## 03 OVER CONSUMING LIQUID CALORIES

Consuming high volumes of liquid calories such as fruit juices, soft drinks and sports drinks can lead to weight gain and an increase in fat mass. Focus on consuming water in regular amounts between Iftar and Suhoor.



## OVER EATING DURING IFTAR MEAL 04

Consuming large amounts of food during the first meal after long periods of fasting can lead to indigestion and may affect sleep. Try eating slightly smaller portions more regularly.

## 05 MISSING THE SUHOOR

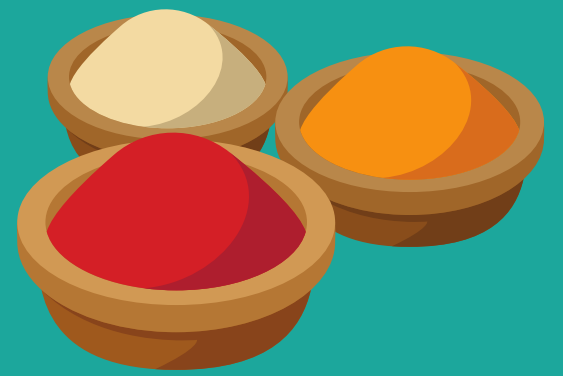
Although it may be tempting to sleep through the Suhoor this can lead to a big decrease in energy later in the day. Try to consume a meal based on slow release carbohydrates to provide you with a sustained release of energy.





# SUMAC

## SPICE IT UP



**Made from dried berries, sumac is a versatile spice that compliments a great range of dishes.**

### How to cook with sumac

Add it to salad dressings or the salads themselves, in fact, add it wherever you would use lemon or lime. Sumac is not usually cooked with but can bring food to life by serving the dish with more sumac to sprinkle.

### What is Sumac?

This wine-coloured ground spice is one of the most useful but least known spices. Made from dried berries, it has an appealing lemon-lime tartness that can be widely used in all cooking.

### How to store sumac

Keep cool, sealed and in a dark place.

