

Wishing you abundant health, vitality, and success on your path to a balanced and nourished life this Ramadan 2024.

Dr. Nimra Nazir



- 1- Keep yourself hydrated and fulfill your fluid requirements during Sehri and after iftar.
- 2- Avoid fried items; if not possible, prefer air fry or shallow fry of the food instead of deep fry.
- 3- Avoid sugary drinks and also carbonated drinks instead always prefer drinking water.
- 4- Maintain good protein intake in your meals.
- 5- Always prefer mindful eating and always think before you eat anything.
- 6- Must incorporate any physical activity in your routine either in the form of a walk or in the form of a workout.

Certainly! Here's a comparison table of food items categorized into three groups:

"Must Include," "Mid-Range," and "Avoid" for the month of Ramadan:

Category	Must Include	Mid-Range	Avoid
Fruits	Dates: High in energy, fiber, and essential nutrients.	Apples, and oranges: Provide hydration and essential vitamins.	Canned fruits with added sugar.
Vegetables	Leafy greens: Rich in vitamins, minerals, and fiber.	Tomatoes, and cucumbers: Hydrating and low in calories.	Fried vegetables with heavy sauces.
Whole Grains	Brown rice, and whole wheat bread: Provide sustained energy.	Quinoa, barley: High in fiber and protein.	refined bread: Low in nutrients.
Protein Sources	Lean meats (chicken, turkey): Provide essential amino acids.	Lentils, and beans: Excellent source of protein and fiber.	Fried meats, and processed meats: High in fat.

Dairy Products	Low-fat yogurt: Provides calcium and probiotics.	Skim milk, and cottage cheese: High in protein and low in fat.	Full-fat dairy products: High in saturated fat.
Healthy Fats	Avocado, nuts, and seeds: Provide essential fatty acids.	Olive oil, and flaxseeds: Rich in omega-3 fatty acids.	Trans fats (found in fried foods, pastries).
Hydration	Water: Essential for hydration and overall health.	Herbal teas, and coconut water: Provide hydration.	Sugary drinks (sodas, energy drinks).

These categories are designed to help individuals make informed choices during Ramadan to ensure they maintain a balanced and nutritious diet while observing fasting. It's important to consult with a healthcare professional or nutritionist for personalized dietary recommendations.

May Allah S.W.T bless us this Ramadan and enable us to help more and more people.