

# Top Tips for Fasting During The Holy Month of Ramadan

## Suhoor (Pre-Dawn Meal)

- Make sure you don't skip this meal! it will give you the nutrients your body will need through the day
- Include high fibre and starchy foods such as: porridge, weetabix, bran flakes, brown rice, and fruit
- Don't drink caffeine - as it causes dehydration

## Iftar (Breaking the Fast)

- Break your fast with water and a date, to help your body adjust to eating food
- Keep portions small, eat slowly, and avoid overeating
- Limit fried, sugary & oily foods

**Remember to stay hydrated by drinking plenty of water during Iftar, and try to include some light exercise—like a gentle walk—to keep your body active!**

## What if I have Diabetes?

We advice diabetics to not fast through Ramadan. We recommend:

- Speaking to your GP before Ramadan to know how fasting might affect your medication
- Speaking to your Imam for advice on alternatives to fasting

