

## Keeping Fit During Ramadan

Fasting during the month of Ramadan may provide enduring benefits which include and are not limited to resetting your digestive system, overcoming addictions like smoking and promoting weight loss.

The following tips can help you keep fit and healthy during Ramadan.

### Keep yourself hydrated:

- Keep a check on your fluid intake and continuously drink water between iftari and sehri.
- Include yogurt or *lassi* in sehri, to help you curb thirst during the day.
- Avoid excessive intake of caffeine including tea, coffee or fizzy drinks.

### Manage your weight:

- Have homemade lemonade, *lassi* or milk shakes instead of sugary or artificial drinks.
- Include fruits with skin and pulp in your iftar to prevent constipation.
- Do not add extra sugar to your fruit salads.
- Avoid deep fried items. Opt for baked samosas or rolls instead of the traditional fried variety.
- Try making iftar at home instead of buying from shops.
- Limit saturated fats such as ghee and butter.
- Have whole wheat roti instead of paratha,
- Avoid sugary desserts.
- Use small amounts of oil when cooking.

### Exercising:

- Vigorous exercise is not recommended while fasting as it increases the risk of dehydration. However, you may do mild to moderate exercises.
- Physical exertions involved in prayers such as bowing, kneeling and rising are also a part of daily exercise activities.

### Eating Out During Ramadan:

- Avoid large meals which include fried and sugary items to avoid excessive weight gain.
- Choose baked, grilled and BBQ items and salads (without cream or mayonnaise).

- Opt for a la carte instead of buffets as these encourage overeating.
- Similarly, avoid “all you can eat” deals.
- Where possible, choose fine dining options over fast-food options as the latter tend to be usually healthier.

### Choose Healthy:

- Select complex carbohydrates which are high in fiber (for example whole grains, beets and sweet potato).
- Have cooked or raw vegetables, whole fruits, yogurt and dairy products.
- Consumption of carbohydrates from sugar and highly processed grains (white rice, potato) should be avoided or significantly minimized.
- Sugar-heavy desserts should be avoided after iftar. A moderate amount of healthy dessert is permitted; for example a piece of fruit.
- Stay hydrated by drinking plenty of water or unsweetened beverages. Sugary drinks, canned juices or fresh juice with added sugar should be avoided



References:  
[Practical Guidelines](#)  
[International Diabetes Federation](#)