



Fasting during the month of Ramadan is an important act of worship ordained by Allah for Muslims. It is also considered a period of rest for the body's systems.

Your mini guide, "SEHHI in Ramadan," helps you adopt healthy habits, such as swapping high-fat or added-sugar foods and focusing on giving your body a period of rest.



# SEHHI in RAMADAN



## SMALL CHANGES WITH BIG IMPACT IN

# RAMADAN

### Craving something sweet?



**Seasonal fruit**

200 calories per serving



**Luqaimat**

366 calories per serving

1 serving = 100g

### To prevent dehydration and thirst



**Choose water**

Sugary drinks increase dehydration and thirst



### Colour your plate



**Fill half of your plate with  
vegetables and fruits**



### Let's bake healthier!



**Replace sugar with fruit**

Enjoy the same sweetness with higher nutritional value



### Swap your bread



**Replace white bread with  
whole wheat**



### Spice it up



**Use herbs and spices instead  
of salt**

