

The Western Muslim Initiative wishes everyone a bountiful and healthy Ramadan!

## Having a Healthy Ramadan

“**Having a Healthy Ramadan**” was written and compiled by Shabnum (Wendy) Shah, RD, a Registered Dietitian who works at the Calgary Health Region Diabetes, Hypertension & Cholesterol Centre. She has been teaching people about healthy eating for over 25 years.

*\*\* The last pages of this document contain fridge **print outs** for you and your family's reference*

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The following nutrition guidelines will assist you in having a healthy Ramadan so you have more energy to focus on the spiritual aspects of this blessed month, Inshallah. The focus is on eating foods that will be filling and digested more slowly to help you keep full from sunrise to sunset. They can also be used when breaking your fast.

### 1. Eat foods that are protein-rich

- Limit fatty meats and remove the skin from chicken
- Eggs are actually low in fat, very nutritious and the cholesterol in them is not as bad as once thought. Even if cholesterol is high you can eat 4 eggs a week and as many whites as desired.
- Cheese is high in protein but much higher in salt than milk or yogurt.
- Legumes such as beans, lentils and chickpeas and peanuts, nuts and seeds are very low in saturated fat and very high in fibre. Use them in making foods such as curries, hummus, wraps

The following are **protein-rich foods**:

Eggs	Lean meat	Poultry (chicken)
Fish	Shellfish	Peanut or nut butter
Beans	Lentils	Chick peas
Nuts	Seeds	Soybeans
Cheese	Cottage cheese	Milk/yogurt

## 2. Eat foods that are high in fibre

- Use whole wheat or 60% whole-wheat flour when making food
- Buy multigrain bread products
- Make whole grain cereals. Check label of commercial dry cereals, as they may be higher in sodium.
- Use basmati or brown rice
- Haleem, a south Asian dish made of wheat, meat (usually beef or mutton, but sometimes chicken or minced meat), lentils and spices is high in fibre.
- Eat whole grain cereals

The following foods are **high in fibre**:

Whole grain cereals  
Barley  
Beans  
Chick peas  
Seeds

Whole grain breads  
Oats  
Lentils  
Soy beans  
Dried fruit

Brown rice  
Foods made with whole  
wheat flour +/- or grains  
Nuts  
Fruit and vegetables

## 3. Eat small amounts of healthy fats and oils

- All fat is high in calories and adds satiety to foods we eat to keep us feeling full
- Avoid shortening or hard block margarine
- Use vegetable oils as first choice
- Eat nuts and seeds
- If you're using butter, use unsalted during Ramadan

The following foods contain **healthy fats**:

Nuts  
Vegetable oil

Seeds  
Nut butters

Avocado

## 4. Limit salt and foods high in sodium

- One of greatest challenges is the thirst experienced when fasting.
- Foods higher in sodium will increase our thirst.
- Limit salt in cooking of *roti* (pita bread), curries or any foods.
- Avoid using condiments such as ketchup, chutney, etc.

**Avoid** the following high sodium foods:

Salted crackers or nuts	Processed meats	Canned meat/fish
Cheese	store-bought baking	Ketchup/chutney
Instant Oatmeal	store-bought soups	Pizza

## 5. Include foods from at least 3 food groups

Grains and Starchy Foods	Meat and Alternatives
Milk and Milk Products	Vegetables and Fruit

## 6. Limit caffeine, drink energy and nutrients

- Caffeine acts as a diuretic in our body and makes us urinate more often
- This means that we may become dehydrated earlier in the day as we lose the fluid we drank in the morning more quickly
- Drink beverages high in calories and nutrients such as milk, smoothies, fruit juice, hot chocolate and milk tea

## 7. Restrict deep-fried foods; only re-use oil once

- Each time oil is exposed to a high temperature it becomes more unhealthy

## 8. Try a meal replacement

- For those who have difficulty eating in the morning it can be hard to eat enough calories so early in the day
- You may want to try a liquid meal replacement
- Try a liquid meal replacement or protein bar, found in the pharmacy

**\*\*This page can be *printed* and put on your *fridge* for easy reference.**

## HAVING A HEALTHY RAMADAN: MADE SIMPLE

### Menu #1

- Yogurt with frozen mixed berries and granola
- Handful of almonds
- Whole wheat paratha and lentil curry
- Milk tea made with 2% milk and decaffeinated tea

### Menu #3

- Bowl of cooked oatmeal with raisins and walnuts
- Homemade meatrolls
- Hot chocolate

### Be creative!



### Menu #2

- *Wrap - made with cooked chicken, chopped tomato and peppers and leftover seasoned rice in a wheat roti*
- *Smoothie – made with milk, yogurt and frozen fruit*

### Menu #4

- Scrambled egg on one slice multigrain toast
- Peanut butter and banana on second slice toast
- Glass of milk



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## HAVING A HEALTHY RAMADAN: MADE DELICIOUS

The following are two recipes that you could try this Ramadan:

### HIGH FIBRE OATMEAL PANCAKES

1 cup quick oats	½ teaspoon baking powder
1 cup whole wheat flour	¼ teaspoon salt
½ cup oat bran	2 eggs
¼ cup skim milk powder	2½ cups buttermilk
¼ cup wheat germ	2 Tablespoons brown sugar
1 teaspoon baking soda	1 teaspoon vanilla extract

Mix all the dry ingredients together in a large bowl. Set aside. Mix eggs, buttermilk, brown sugar and vanilla in a small bowl. Add egg mixture all at once to dry ingredients. Stir briefly (there should still be some small lumps in the batter).

Let the batter rest for 15 minutes. The batter will be thick. Spoon 1/3 cup batter per pancake onto a hot griddle or non-stick pan lightly coated with vegetable oil. Gently spread the batter into 5-inch circles. Flip pancakes when tops are bubbled and edges appear cooked. Continue cooking for another 2 to 3 minutes.

Makes approximately 12 pancakes. These pancakes freeze well and can be reheated in a toaster or toaster oven. Serve with unsalted butter and syrup or jam OR warm applesauce and cinnamon OR cut-up fruit or berries and yogurt.

### BESAN BARFEE

1 ¼ cups chick pea flour	1 cup canola oil
1 ½ cups granulated white sugar	1 cup water
½ teaspoon cardamom seeds, ground	3 Tablespoons coarsely chopped almonds

Heat the oil in a heavy pot over medium heat. Sift the chick pea flour and then add to the oil. Stir and fry for 2 to 3 minutes until the flour turns a shade darker and is cooked (it should taste fried, not raw). Put the flour into a large bowl and let cool.

Mix the sugar and water together in a medium pot and bring to a boil. Simmer very gently for about 20 minutes or until the syrup reaches a one thread consistency. Pour the hot syrup into the cooled chick pea flour. Add the ground cardamom seeds and almonds and mix well. Keep stirring until the mixture begins to harden slightly. (It should still be pourable.) Pour into a 9-inch square cake pan. Tilt the pan so the barfee mixture flows to the edges. Cool. Cut into ¾-inch cubes and store in a plastic container. Freezes well.

## HAVING A HEALTHY RAMADAN: MADE EASY

### 1) Choose protein-rich foods

Eggs	Lean meat	Poultry (chicken)
Fish	Shellfish	Peanut or nut butter
Beans	Lentils	Chick peas
Nuts	Seeds	Soybeans
Cheese	Cottage cheese	Milk/yogurt

### 2) Choose foods high in fibre

Whole grain cereals	Whole grain breads	Brown rice
Barley	Oats	Foods made with whole wheat flour +/-or grains
Beans	Lentils	Nuts
Chick peas	Soy beans	Fruit and vegetables
Seeds	Dried fruit	

### 3) Eat small amounts of healthy fats and oils

Nuts	Seeds	Avocado
Vegetable oil	Nut butters	

### 4) Limit salt and foods high in sodium

Salted crackers or nuts	Processed meats	Canned meat/fish
Cheese	store-bought baking	Ketchup/chutney
Instant Oatmeal	store-bought soups	Pizza

### 5) Include foods from at least 3 food groups

Grains and Starchy Foods	Meat and Alternatives
Milk and Milk Products	Vegetables and Fruit

### 6) Limit caffeine

### 7) Restrict deep-fried foods; only re-use oil once

### 8) Try a meal replacement