

Eat foods at Suhur (your morning meal) that will give you energy throughout the day. Whole grains (like brown rice and bread) with lean protein (such as fish or chicken) would work well



Eat foods with a high water content, such as cucumber or strawberries, to help with hydration.



Ramadan Fasting Tips

Drink water as soon as you can after fasting. Try eating dates too, as these are rich in energy.



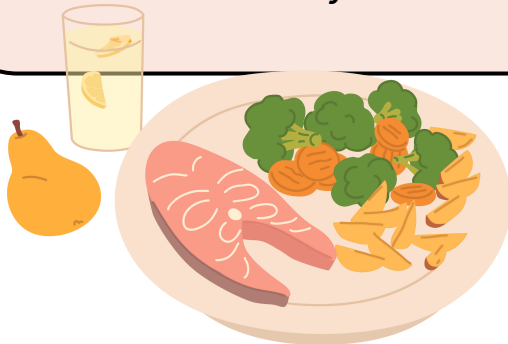
Try not to consume too much sugar, such as in cakes or fizzy drinks, as this can negatively affect your energy levels.



Make sure your meals are balanced and include fruit, vegetables, protein, fats and carbohydrates.



Avoid salty foods, like crisps and cheese, as they could make you feel more thirsty during the day.



Try to fit in some moderate activity every day, like a brisk walk.

