

A NOTE ON NUTRITION

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Skipping sehri...no good

Sehri is the differentiating factor between the fast we Muslims keep and the fasts of other religions. Holy Prophet(S) is reported to have said, "Verily, Allah and His Malaikah send mercy upon those who eat Suhur." He also said "The difference between our fasting and that of the Ahlul-Kitaab (Jews and Christians) lies in our partaking of food at Sehri which they do not."

Nowadays for lack of sleeping time skipping sehri has become a norm for many. Sehri is absolutely necessary for a sustainable fast as it provides strength to the body.

Sehri or the pre-dawn meal should be a wholesome, moderate meal that is filling, hydrating and provides enough energy for many hours. It should be light and include slow digesting food. The main trick is to select the right food. It is better to have fruits, whole grains and some first class protein. Even adding a bowl of yogurt, juice vegetables and drinking lots of fluids gives us a high energetic charge that will last throughout the day. Eating dates at sehri is a very healthy habit. Adding four to six dates in our sehri can enrich the body with mineral, antioxidant, vitamins, fiber

and folate. They contain a unique blend of glucose and fructose and have very high potassium content (about 64 percent more than bananas), a key re-hydration mineral and a special carbohydrate blend that enhances hydration above and beyond water alone. They contain a special blend of glucose and fructose for short and long term energy. They have a nutrient called beta-D-glucan which is a soluble fiber that has health benefits and can increase the feeling of fullness. So basically when we eat a date and water for sehri our body gets hydrated for much longer time than with water alone.

By skipping sehri, we actually force our body to rely on the last meal consumed and are more likely to experience dehydration, headache and weariness.

There is a bad practice observed by some people who keep on eating food in Sehri till Azaan is going on; this is totally a wrong practice. We should try to finish our meal at least 10 minutes before Azaan because the fast eating process affects our digestive system badly.

So for this Ramadan try to have a healthy sehri on time rather than skip it or stuff it.

CHECK IT OUT

Ramadan treats at Long Beach

Refresh yourself after a long day of fast, at Long Beach Suites Dhaka, with their wide plethora of delicacies and cuisines, from traditional to oriental.

Break the fast at the hotel's Cozy Sizzler restaurant with their impressive iftar and dinner, and avail their buy-one-get-one-free offer - courtesy of their banking partners (SCB, AMEX, NRB, UCB, Prime Bank, and Lanka Bangla).

Meanwhile, at Cozy Lounge, you can enjoy sehri with their set menu, saving 50 percent for your companion.

Long Beach Suites Dhaka also provides lavish and well-equipped venue with iftar-cum-dinner buffet and sehri meal for larger groups for corporate events and the like.

Address: CEN 4 (G), Road-104, Gulshan-2, Dhaka.
Contact number: 01755557940

WHY DO WE NEED TO TRIM OUR TUMMY FAT ?

Everybody desires a flat seductive tummy but with age, stress, sedentary life style, child bearing or lack of exercise can keep you far away from it. Sadly, tummy fat is not just about fitting into your clothes but also a big issue for long-term health.

Here are 4 reasons to work on shedding it:

1. The visceral fat of the tummy is "biologically active," & produces hormones (ladipectin & leptin) that affects appetite & metabolism & blood sugar-regulating insulin. **Fatty liver change** is one of its consequences.
2. Fatty acids released by belly fat are also linked to higher LDL (bad cholesterol) & lower HDL (good cholesterol) & pumps out cytokines promoting constant low-level inflammation & insulin resistance.
3. As large waists are estrogen receptor negative, it is more likely to develop breast cancer.
4. Tummy fat & reduces fertility and potency.



Shape up without surgery and pain



Its better late than never...

- Ultracontour HIFU (High Intensity Focused Ultrasound) can be an excellent answer to achieve a flatter tummy.
- This revolutionary French technique sculpts your body by eliminating the unwanted pockets of 'exercise & diet-resistant fat'
- Effective on fat of **tummy, hips, love handles, thighs, back & arms.**
- The multisequential ultrasonic waves burst the fat cells & drain the fluids & the waste immediately by Ultrasound Multi-Lymphatic Drainage (UMD).
- The procedure is permanent & shows circumference loss of 1-3 inches after the procedure.
- This fascinating procedure can be a non-invasive answer to those who are afraid of surgical intervention & more concern about shaping up themselves.

Get **10%** Ramadan Discount *conditions apply



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