

foods, think again.

Salads are no longer cucumbers and tomatoes, cut and mixed together with onion slices and chopped chillies.

From homemade Caesar salads to potato salads to full vegetarian apple and mixed-nut salads — everything can be tossed together to make a delectable side dish. While not a recommended meal for sehri, this is an excellent addition (or main course) for iftar.

At the same time, soups too can be a great choice for iftar. Instead of making 'food-flavoured tea' from pre-packaged powders, opt for making your own soups. Recipes and ingredients are no longer a challenge and once mastered, it will be one of the quickest meals you can whip up. Both soups and salads are without-a-doubt, great choices for evening snacks, which can be maintained throughout the year.

Just go easy on the salt and sauces!

ANYTHING BUT DEEP FRIED

An iftar is incomplete without the various crispy fried, oily delicacies which we are so accustomed to (and almost always fail to drop from the menu). But there is little to no health benefits for these oil filled chunks of food.

Not only the deep frying, the oil that is used commercially is nowhere near the oil you use at home.



For starters, opt for the baked or grilled versions of similar foods. While making these at home are good choices, the extra heated hours in the kitchen are not a welcome addition while fasting.

If eliminating these cannot be a choice, try limiting the intake to once or twice a week instead of every iftar.

In the same manner, later on in the year, get into the habit of dropping this 'delicious,' but deadly item off your eating list.

Then next year, when Ramadan arrives, you

will be able to shrug off fried food without a second glance.

AVOID COMBINING IFTAR WITH DINNER

Iftar leading to dinner is seen as time saving and often compared to brunch. But what is ignored is that on a typical day, you are able to eat and quench your thirst as you want.

Just as the afternoon/evening snack on a typical day is not immediately followed by supper, the same goes for iftar and the meal that follows it. Try to have a filling iftar and stay hydrated during the time leading to a moderate supper.

As much as you are tempted to arrange for an extravagant feast, the iftar, dinner, as well as the sehri should not differ much from your daily food, the only difference being that you have less time for your meals.

These are all simple but effective steps that can be followed throughout the month of fasting. Also, a good point to remember is to take lessons from last year's issues.

Did you suffer from a bout of acidity after chewing down on begunis and kababs for iftar? Or, did you suffer from a bad bout of constipation throughout the fasting days or during the eid days?

Was your throat parched right after waking up in the morning?

Recall these issues and try to avoid what you did (or did not do) for a better Ramadan not only for this year, but every year!

By Iris Farina

Photo: Sazzad Ibne Sayed/LS Archive

CHECK IT OUT

Izakaya brings out three bento sets for Ramadan

This Ramadan, Izakaya has arranged three different bento sets for Japanese food lovers across the city. Each bento has its own unique combination of featured items, and comes with a side of Miso Soup and Tempura sauce.

The first bento is called the Salmon Teppanyaki Bento, and consists of Salmon Teppanyaki, white rice, Panko Ebi Roll, Ebi and Yasai Kakiage, and Miso soup, and is priced at Tk 805.

The second bento is called the Hibachi Chicken Bento, and it consists of Hibachi, garlic fried rice, Aburi Salmon roll, Tempura mix and Miso soup. The price of this bento is Tk 790.

The third bento is called Beef Teppanyaki Bento, and it comes with Beef Teppanyaki, garlic rice, Temari Sushi ball platter of five different sushi balls, vegetable Tempura and Miso soup. The price of this bento is Tk 865.



All three bentos will be available from the first day of Ramadan at the Dhanmondi restaurant of Izakaya, located on the ninth floor of Green

Rawshanara Tower, opposite the Abahani Field.

For more information, please visit www.facebook.com/izakayabd



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