

#HEALTH & FITNESS

Sehri to iftar: Counting calories for a healthier fast

Self-control is essential when it comes to health and fitness and fasting allows you to control your cravings and discipline yourself. There is no general guideline on how much food one should consume daily during Ramadan, as people's calorie demands vary. However, by following some simple rules, you can ensure that your calorie intake during sehri and iftar is adequate.

Thumb rule for Sehri

Generally, 500–600 calories should be consumed at sehri. However, irrespective of how much you eat during the pre-dawn meal, your body will feel hungry after 6–8 hours anyway! So, there is no need to overeat.

Protein and fat keep you satiated longer, while carbs are a great source of energy and fibre. Consume high-fibre, starchy carbs like oatmeal and sweet potatoes. Also, hydration is key but juices are high in sugar and are not ideal options. Instead, consume fruits and vegetables with high water content such as watermelon,



cucumbers, tomatoes, and oranges. These are helpful for hydration and are also delicious.

Your iftar plan

Dates are a great way to break your fast. They are a rich source of potassium, which may assist in restoring fluid balance in your body.

To prevent overindulging, keep in mind that it takes around 20 minutes

for your body to feel full and satiated. You will most likely overeat if you eat continuously for the full 20 minutes.

For iftar, your calorie intake should be approximately 700 kcal. Whatever you do, do not begin with an abundance of cakes and pastries. Instead, start with 1-2 dates, followed by the following steps:

Step 1: Select

your carbohydrate sources. Stick to one handful of rice, bread, or potatoes. Again, complex carbohydrates are preferable.

Step 2: Select your proteins. Chicken, fish, meat, and so forth. If feasible, use leaner slices that have been grilled or steamed.

Step 3: Add more fibre to your diet. Consuming veggies and fruits will help reduce your cravings.

Desserts are the fourth step. Do not overdo it!

— Star Lifestyle



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