

# HEALTHY EATING TIPS FOR RAMADHAN

Make the most of the benefits of fasting by eating right at Iftaar and Suhoor! With one week to go, start by stocking your fridge and pantry with these nutrient packed staples:

## 1 DATES



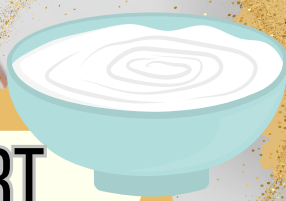
try them stuffed with nuts or nut butter or made into energy balls.

## 2 NUTS



(or natural, one ingredient nut butter) a quick and easy way to add protein & healthy fats, especially at Suhoor.

## 3 GREEK YOGURT



(or Skyr yogurt)

a high protein base for sauces, smoothies, and parfaits.

## 4 FRUITS & VEG



frozen, cut and ready to go (just as nutritious as fresh) & prewashed/bagged salad greens are an easy way to get your fruits & veggies in.

## 5 LEGUMES



canned or dried beans, chickpeas & lentils are high fibre plant proteins to add to salads, soups, curries, & dips.

## 6 QUINOA



a great source of fibre and protein to add to salads and as an alternative to rice.

## 7 SEEDS



chia/hemp/ground flax seeds are healthy fibre and omega-3 rich additions to salads, cereal, baking, & smoothies.