

# FAST: YOUR BRIEF RAMADAN NUTRITION GUIDE

## F - FOCUS ON SUHOOR FOR LASTING ENERGY

Suhoor\* is your chance to fuel up for the day ahead.

Prioritize:

- Fibre-rich carbs – Oats, whole wheat bread, quinoa, sweet potatoes for steady fuel
- Proteins – Eggs, Greek yogurt, tofu, and chicken for muscle building & repair
- Healthy fats – Avocados, nuts, chia seeds for feeling fuller longer
- Hydration – Water, herbal teas, and hydrating fruits (watermelon, oranges) for replacing fluid losses

Example: whole wheat toast + scrambled eggs + avocado + water

## A - ADAPT YOUR TRAINING

Discuss with your coach and dietitian how to time your workout to perform at your best during your fast.

- Pre-Iftar\* – Your performance will likely decrease after a long day of fasting. Plan for a lower intensity and duration workout.
- After Iftar – Since there are more opportunities to fuel, hydrate, and recover, you can keep to your usual training schedule.
- After Suhoor – You will go into your training session well fueled and hydrated, however, there will be no opportunity to refuel after, so training intensity and volume may need to be adjusted.

## S - STRATEGIZE IFTAR FOR OPTIMAL RECOVERY

Iftar is your time to replace fuel and fluid lost during the fasting period, with carbs and proteins:

Best Choices:

- Quick carbs: Dates, fruit, and smoothies for an immediate energy boost
- Lean protein: Chicken, fish, tofu, lentils for muscle repair
- Balanced plate: Whole grains, vegetables, protein and healthy fats

Example: Iftar Meal: 2 dates + roasted veggies + quinoa + chicken vegetable soup + grilled salmon.

## T - TIME YOUR MEALS & PLAN AHEAD

A structured plan can help you maintain performance throughout Ramadan. Here's a scenario:

- Iftar: Replenish with easily digested carbs (crackers, white bread, cereals/cereal bars, fruit), protein, and hydrate!
- Before Tarawih: Light meal/snack to sustain energy. Keep hydrating!
- A Pre-bed recovery snack, is another opportunity to refuel, and help muscle repair and recovery overnight: Greek yogurt with fruits and honey or a smoothie.
- Suhoor: Hydrate, have a balanced meal, for sustained energy during the fast.

### Hydration Strategy:

- Drink water consistently between Iftar and Suhoor (1-2 cups per hour – drink every 15 minutes)
- Include electrolyte drinks if needed (sports drink, electrolyte tabs)
- Limit caffeine and energy drinks to avoid dehydration



#### Definitions:

\*Suhoor: Meal eaten before sunrise. Dictated by dawn prayer time (last meal before fast starts).

\*Iftar: Meal eaten at sunset to break the fast. Dictated by sunset prayer time.

\*Tarawih: Prayer after the 5th prayer of the day, typically 1 - 2 hours after iftar, performed at the mosque

#### References:

- Bajerska, J., Bold, K., Bouguila, J., Chamari, K., & Shephard, R. J. (2023, March 22). The Ramadan-fasting athlete: Competing in good health and for optimum performance. British Journal of Sports Medicine Blog. <https://blogs.bmj.com/bjbm/2023/03/22/the-ramadan-fasting-athlete-competing-in-good-health-and-for-optimum-performance/>
- Bajerska, J., Bold, K., Bouguila, J., Chamari, K., & Shephard, R. J. (2021, April 17). The fasting athlete: Considerations to support the fasting athlete during training and competition. British Journal of Sports Medicine Blog. <https://blogs.bmj.com/bjbm/2021/04/17/the-fasting-athlete-considerations-to-support-the-fasting-athlete-during-training-and-competition/>