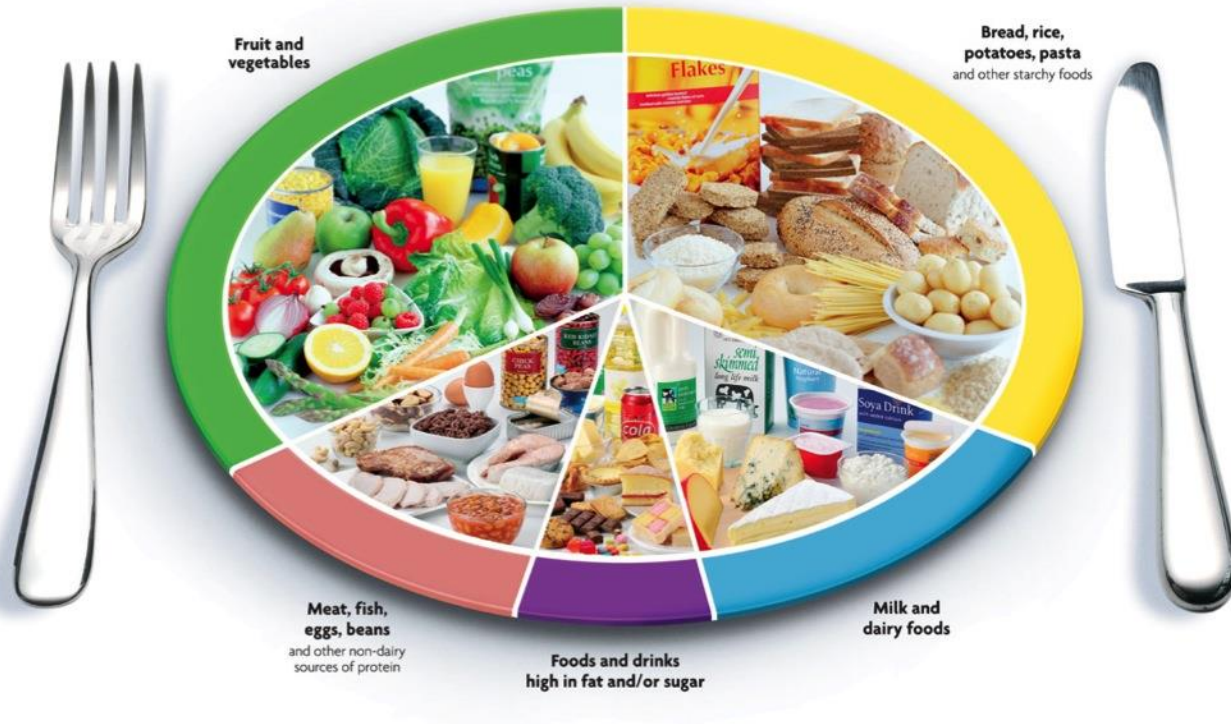


The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Eat of the good wholesome things.
(Surah Ta-Ha, Ayah 81)

Fruit & Vegetables



- ✓ Aim for ***at least*** 5 portions a day
- ✓ Variety is the key
- ✓ Fresh, dried, frozen, canned and juiced - they all count

Main nutrients: Water, vitamins/minerals & fibre, some carbohydrate.

Bread, Rice, Potatoes, Pasta (& other cereals)



- ✓ Eat plenty of foods rich in starch and fibre
- ✓ Between 6-12 portions a day
- ✓ Fill-up on bread, potatoes, rice, pasta, noodles and cereals
- ✓ Choose *wholegrain* varieties whenever possible

Main nutrients: Energy, carbohydrate (starch), some Calcium and Iron, B vitamins & fibre

Foods containing Fat Foods containing Sugar



X Avoid eating too many foods that contain a lot of fat

X Avoid **sugary** foods and drinks

✓ Choose foods/drinks with sweeteners e.g. 'diet', 'light', 'sugar-free' etc.

✓ Use sweeteners in beverages

High in calories: Low in 'useful' nutrients



Typical meals eaten at

SUHOOR.....

SUHOOR.....

Typical meals eaten

- Paratha
- Fried eggs
- White bread
- Cereals
- Yoghurt
- Left over curry
- Tea

Recommended Suggestions

- Plain Chapatti with curry
- High Fibre cereal with low fat milk e.g. branflakes, Oat-based porridge, 'no added sugar' muesli, Weetabix, Shredded wheat, Special K
- Granary, wholemeal, wholegrain, rye, seeded varieties, chapatti
- Drink plenty of water



Typical meals eaten

IFTAR.....

IFTAR.....

Typical snacks eaten

- Dates
- Lassi
- Fried pokora
- Fried somosa
- Channa chaat
- Fried potatoes/chips
- Fried chicken

Recommended Suggestions

- Dates 1-3
- Glass of SSM / skimmed milk
- Small bowl of mix fruit
- Channa chaat
- Chicken tikka/roast
- Oven baked chips
- Drink plenty of water

WATER

The Prophet (PBUH) reportedly said:

"The best drink in this world and the next is water."

"When you have a thirst, drink [water] by sips and do not gulp it down Gulping water produces sickness of the liver."

Facts about DATES

- Digested very easily therefore gives quick energy
- High in fibre, calcium, iron & many more vitamins & minerals
- Prophet Muhammad (PBUH) “if anyone of you is fasting, let him break his fast with dates”.

Healthy Meal ideas after Iftar

- Chapatti with chicken / mutton / lentils
- Fish / chicken baked with roasted vegetables, or fish curry with rice
- Pitta bread with chicken, salad and hummus
- Meals should include mixed salad

Cooking Methods

Cooking methods to avoid

X Deep frying

X Curries with excess oil



Alternative cooking methods

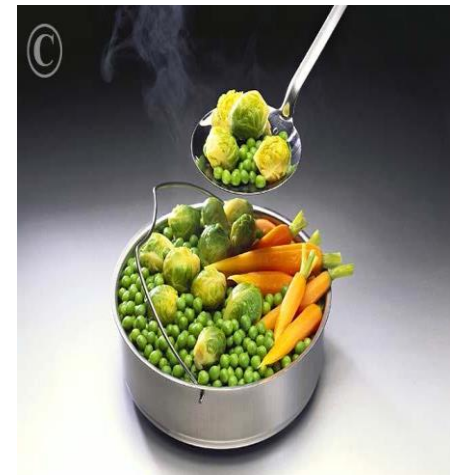
✓ Grilling

✓ Roast & Bake

✓ Steaming

✓ Boiling

✓ Stir fry



Holy Prophet Muhammad (PBUH) said:

"The children of Adam fill no vessel worse than their stomach. Sufficient for him is a few morsels to keep his back straight. If he must eat more, then a third should be for his food, a third for his drink, and a third left for air."
(Sunan al-Tirmidhi)