

# FASTING TIPS

- Start eating more high in fibre foods before a few days before Ramadan starts. This will aid in detoxification and cleansing of your body, as well as preventing problems of constipation during your fast.
- You will be eating less, so spend the grocery money on quality fresh fruits. Living primarily on junk food will only make you sick and sabotage the rest of your fasts. Remember- you are accountable to Allah for the consequences of your actions.
- In the morning particularly, eat fruits, vegetables, and complex carbohydrate foods e.g. wheat, whole meal cereals and yogurts. These will sustain you through out the day, and maintain regular blood sugar levels.
- Stay hydrated. Drink unsweetened juice (not juice drinks with sugar) tea with honey (not sugar)., and ALOT of water. Fluids are more essential to your body than food. Also keep a couple of large bottles of water near your bed. Drink just before you go to sleep and anytime you wake up during the night.
- Limit salt/sodium intake. That includes crackers, chips, pretzels, salted nuts, popcorn and the like.
- Limit sweets (i.e. sugar) to night time meal. Eating sugar in the morning means you will have a more rapid and severe peak and dip in your blood sugar during the day. You will be more prone to dizziness, irritability. Sugar also increases dehydration.
- Eat one meal's worth of food, not three. If you gain weight while fasting, you're doing it wrong.
- Don't eat all night and sleep all day. That is not the sunnah. Fasting does not mean all work and activity ust come to a stand still!
- If your meal is going to be spicy, try to eat some fruit or bread first. Some stomchas can be sensitive- especially after being empty for most of the day.
- Be patient- getting your body used to the routine of Ramadan will take some time, but eventually you will adjust.

References: <http://muslimwritings.wordpress.com/2007/06/27/tips-for-fasting-year-round/>  
<http://www.victorynewsmagazine.com/4TheMuslimFastandBodyPt1.htm>