



► Principles of designing a healthy diet ◀

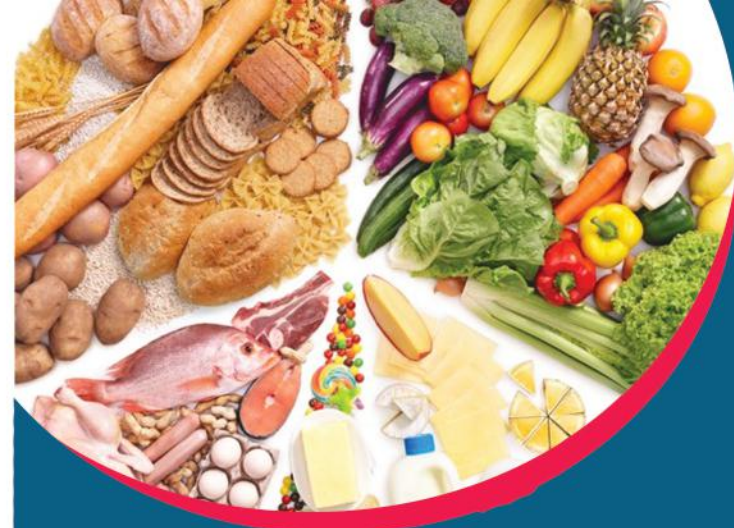
Adequacy: Foods provide adequate amounts of nutrients necessary to stay healthy and maintain a healthy weight. If a well-adequate diet is designed, it can provide high-nutrient nutrition to children, adolescents, and adults.

Balance: The supply of different types of nutrients from food should be done in proportion to each other so that high consumption of one nutrient does not cause the elimination of other nutrients. Equally, these people must observe balance in their food choices.

Control of energy intake: means providing the right energy needed to maintain proper body weight. Energy intake should not be more or less than the amount of energy required. The energy required should be adjusted according to the age of the sex and physical activity of the person.

Moderation: means limiting the consumption of foods that contain excess amounts of fat, salt, sugar, and additives.

Dietary diversity: means choosing a variety of foods from different food groups, including bread and cereals, vegetables, fruits, milk and dairy products, legumes and meats, nuts, and a variety of fats, as well as diversity in food choices within each group.



The health benefits of fasting during Ramadan occur only for those who can maintain a healthy diet this month. Diet planning should be based on the age of the sex and the nutritional needs of the person receiving energy, eating habits, lifestyle and physical activity, and other special conditions. Furthermore, a single diet can not be used for everyone. Also, this diet can be changed according to socio-economic conditions and education.

Proper Nutrition at Iftar and Suhoor



Nutrition at Iftar



Another study showed that carbohydrate intake in men and women increased by 22% and 24%, respectively, compared to before Ramadan, which could be due to certain eating habits during Ramadan. Studies in Islamic countries also showed that consuming vegetables and whole grains in this month was less than recommended.

► Introduction to proper nutrition at Iftar and Suhoor

It is necessary to follow the tips on eating and drinking from Iftar to Suhoor to enjoy the physical benefits of fasting.

► Changes in food intake during the holy month of Ramadan

During this month, most people tend to eat meals with their families, so the quality and quantity of the diet changes. It seems that many physiological changes during Ramadan are due to changes in the diet.

In some studies, there was no significant difference in energy intake during the month of Ramadan before that. They have food, so the energy received during Ramadan is no different from before.

Regarding the percentage of energy received from macronutrients, i.e., carbohydrates, fats, and proteins, some studies did not find significant differences in this regard.



In a study conducted in Iran, four food patterns were identified during Ramadan.

These patterns include:

- The Western-style diet consisted of fast foods, salty snacks, nuts, potatoes, chicken, fish, chocolate, and soft drinks.
- A high-fat and sweet pattern including sugary sweets and visceral-like pattern including vegetables, olive oil, dates, dried fruits, red meat, tea, and coffee.
- The Ramadan diet pattern included special foods such as Halim soup puree, cereal, whole grains, syrup, and sweets.
- Among these patterns, the Mediterranean diet was the healthiest pattern. In general, the patterns were not similar to the patterns identified in the months other than Ramadan.