



Nutritional recommendations in the month of Muharram

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- ▶ Use the minimum amount of salt in foods. High-salt foods are the cause of high blood pressure and cardiovascular diseases, which are currently the most important cause of death in the country.
- ▶ In the preparation of yellow flakes and halva, use the minimum amount of sugar and oil.
- ▶ Use a minimum amount of oil and salt in the preparation of various dishes. If you want to decorate the prepared soup, prepare hot mint and hot onion or hot garlic with a little oil. If curd is used in the preparation of soup, it must be pasteurized and have the necessary standards and a manufacturing license from the Ministry of Health. It is recommended to boil the curd for 5 to 10 minutes and then add it to the soup.
- ▶ Prepare a variety of low-sugar syrups. Sweet syrups get a lot of sugar into the body. In a situation where diabetes is on the rise in our country, it is necessary to minimize the amount of sugar consumed in the preparation of a variety of syrups, beverages and sweets.
- ▶ Food should be distributed in the right size and not too much, so you can avoid overeating and excess calories.




- ▶ It should be noted that each person eats his food at meal times and only when hungry, and given that these days are usually served several meals per meal, it is better for people to choose foods that suit their mood.

▶ Observance of environmental health

The hygiene of the environment in which the vows are cooked is also important. Every year, mourners and mourning delegations are advised to install a toilet flushing system or a liquid place, and to collect the generated waste hygienically by observing the continuous cleaning, washing and disinfection of the sanitary facilities.





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physical activity. Overweightness and obesity predispose individuals to diabetes, cardiovascular diseases and cancer. If the sacrificial food has the following characteristics, along with its spiritual value, it will definitely support the health of the people:

- ▶ Avoid frying stewed vegetables too much, which causes



The month of Muharram has arrived and mourning delegations in the streets are reminiscent of the bravery of the martyred Imam Hussein (AS) and his followers. In this month, the preparation and distribution of votive food is common and eating sacrificial food has a high spiritual value for people these days. It is good that the votive food that is prepared these days, in addition to the nutritionally desirable flavor, also guarantees the health of the people. Today, overweight and obese people are found a lot in our country. Undoubtedly, the consumption of fatty and fried foods, salty or very sweet and fatty is one of the important causes of extra calories, which is converted into a mass of fat and stored in the body due to inactivity or insufficient



loss of vitamins and minerals. It is enough to fry it a little with a small amount of

frying oil that has the necessary standards.

- ▶ Do not use solid oil in the preparation of votive food under any circumstances. Solid oils are high in saturated and trans fats, which can lead to cancer, stenosis and heart attack. The use of liquid oil is preferable. But if you use semi-solid oils, be sure to use those with a trans fatty acid content of less than 5%.
- ▶ Use the least amount of oil in cooking. And be sure to use liquid oils to prepare rice and liquid frying oils for various stews.