

RAMADAN AND SPORTS NUTRITION

NUTRITION DURING IFTAR:

- **Optimize Rehydration** - help the body recover from fluid loss
- **Protein** - adequate protein to aid in recovery
- **Carbohydrates** - meet carbohydrate needs for recovery
- **Good Choices at Iftar:**
 - Dates with milk or yogurt
 - Hydrating fruits and vegetables
 - Balanced meals containing foods from all food groups
 - Protein or Carbohydrate supplement may be needed
 - Mahshi, Biryani, Tabbouleh, Harira, Maqluba, Mansaf

NUTRITION DURING SUHOOR:

- **Hydrate**
- **Eat as close to sunrise as possible**
- **Balanced Plate** - a blend of protein, carbohydrates, and healthy fats
- **Limit High Sodium Choices** - to prevent dehydration
- **Good Choices at Suhoor:**
 - Protein rich foods such as chicken, lean dark meats, eggs, milk, cheese
 - Fibrous vegetables
 - A multivitamin maybe needed with this meal
 - Oatmeal or cream of wheat
 - Egg Brik, Ful Ramadaan, Aloo ki Bhujla

HYDRATION DURING RAMADAN:

Develop a strategy to maintain hydration status while fasting:

1. Drink on an hourly schedule after Iftar to promote rehydration
2. Ensure adequate fluid intake especially at Suhoor
3. Rinse mouth with cool water to alleviate thirst
4. Reduce non-training activity throughout the day



IF EXERCISING IN THE EVENING:

Remember the food and fluid consumed should support needs for performance and recovery, and contributes to the total day's nutrient needs.

The goal of nutrition for an athlete during Ramadan is to enhance muscle glycogen storage, so that energy is useable when carbohydrate targets cannot be met throughout the day.

RAMADAN EFFECT ON HEALTH

- Minimal impact on serum lipids, carbohydrate and protein metabolism
- Mild dehydration
- Reduced sleep quality and duration

RAMADAN EFFECT ON PERFORMANCE

- Performance may improve - feeling of intense focus during Ramadan
- Dehydration can impact performance
- Altered sleep can impact performance

TIMING OF TRAINING

Nutrition to support performance and recovery of training is key, and must be considered while fasting.

AFTER SUNRISE

PROS:

- Recently hydrated and fuelled

CONS:

- Delayed recovery
- Impaired work ability

BEFORE SUNSET

PROS:

- Immediate recovery
- Proven peak in performance

CONS:

- Increased dehydration

AFTER SUNSET

PROS:

- Immediate recovery
- Hydrate while training

CONS:

- Altered normal sleep-wake cycle

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