

Discover Abigail Steinberg's Tips for Observing Ramadan The Healthy Way

In the Islamic tradition, Ramadan is a holy month of fasting and spiritual reflection. During this period, Muslims around the world abstain from food and drink from dawn until sunset. While fasting is a religious obligation, it is also an opportunity for individuals to focus on their physical and mental well-being. In this article, we will delve into the topic of observing Ramadan the healthy way and share valuable insights from health expert Abigail Steinberg.

Why is a Healthy Ramadan Important?

Observing a healthy Ramadan is crucial to ensure the well-being of the body and mind. Fasting can have a significant impact on our metabolism, blood sugar levels, and energy levels. It is essential to adopt a balanced approach during this period to maintain optimal health and vitality. Abigail Steinberg, a renowned health expert, emphasizes the importance of incorporating healthy practices into our daily routines during Ramadan.

Eating Right During Ramadan

One of the most crucial aspects of observing Ramadan is following a nutritious and well-balanced diet. Abigail Steinberg stresses that breaking the fast with a wholesome suhoor (pre-dawn meal) is vital for providing sustained energy throughout the day. She suggests incorporating complex carbohydrates, such as whole grains, fruits, and vegetables, along with lean proteins and healthy fats.



Ramadan The Healthy Way

by Abigail Steinberg (Kindle Edition)

★★★★★ 5 out of 5

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Hydration is also key during Ramadan. Abigail recommends increasing your water intake between iftar (meal at sunset) and suhoor to prevent dehydration during fasting hours. She advises opting for water over sugary beverages and caffeinated drinks, as they can lead to increased thirst and energy crashes.

Maintaining Physical Activity

Although fasting during Ramadan can alter our daily routines, it is essential to engage in regular physical activity. Abigail Steinberg suggests incorporating moderate exercise activities, such as walking, yoga, or light cardio, during non-fasting hours. Exercise not only helps maintain physical fitness but also aids in stress reduction and improving overall mood.

Importance of Sleep and Rest

Getting adequate sleep and rest is often overlooked during Ramadan. Abigail emphasizes the significance of maintaining a consistent sleep schedule to support overall well-being during this period. She suggests establishing a bedtime routine that includes relaxation techniques and limiting screen time before sleep. Quality rest will enhance your energy levels and cognitive function throughout the day.

Mindful Eating Practices

Abigail Steinberg highlights the importance of practicing mindful eating during Ramadan. Eating slowly and savoring each bite allows for better digestion and reduces the risk of overeating. She advises being mindful of portion sizes and avoiding excessive fried or sugary foods. Including a variety of colorful fruits and vegetables in your meals will provide essential vitamins and minerals.

Observing Ramadan the healthy way is a holistic approach that encompasses various aspects of our well-being. Abigail Steinberg's expert advice emphasizes the significance of following a balanced diet, incorporating regular physical activity, prioritizing sufficient sleep and rest, and practicing mindful eating. By adopting these healthy practices, you can ensure an enriching and fulfilling Ramadan experience. Remember, your health is your most precious asset!



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Ramadan is a special month in the Muslim world, where Muslims devote this month to spirituality by fasting from dawn to sunset. The evening meal is called “Ftour”, and in Morocco we have special culinary rituals regarding the dishes prepared. In my previous book, Moroccan Ramadan Favorites, I have outlined the classic recipes for the Moroccan Ramadan table such as the Harira soup, baghrir pancakes, Briwat, etc. In this book, I wanted to share new recipes to bring a touch of variety to the traditional Ramadan table. These recipes are prepared

with healthy ingredients as a response to people's request for healthier meals, especially during Ramadan which is also a month of festivities. As always, my recipes are quite simple to prepare and are guaranteed to work even if you are not an expert in the kitchen!

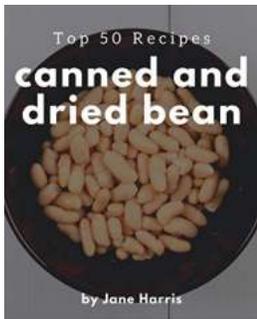
I hope you enjoy this book as much as I enjoyed writing it and I can not wait to receive your comments and pictures of the food you will be preparing! You can reach out to me directly at alia@cookingwithalia.com

With Love. Alia.



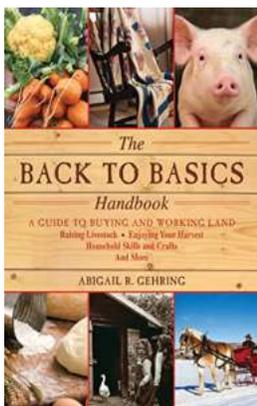
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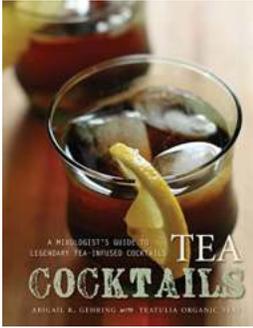
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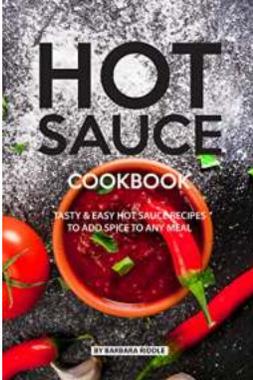
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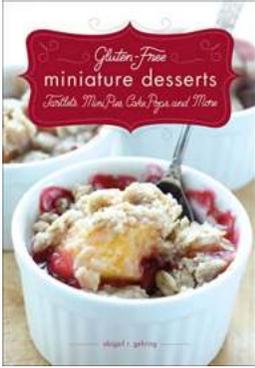
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