



ALI 598: Maintaining Energy & Focus During the Month of Ramadan

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Objectives of This Presentation:

- Teachings of the Holy Month of Ramadan
- Understand what happens to our body while fasting
- Identify the factors that impact our energy levels
- Identify specific nutrients we need in our diet to stay energized and fueled while fasting
- Understand how to balance the 2 meals when fasting





Salaams!

03

- Registered Dietitian & Certified Diabetes Educator
- Clinical dietitian at the Medcan Clinic in Toronto and virtual dietitian
- Specializes in prediabetes, diabetes, PCOS and insulin resistance

"Eat and Drink but do not be
excessive. Indeed, he likes those
who do not commit excess." Sura
Al-Araf 7:31

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Benefits of the Month of Ramadan

Month of purification for the soul, heart, body and mind

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► Practice patience and self control

► Charity and being grateful

► Mindfulness

► Become better versions of ourselves

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What Happens When We Fast

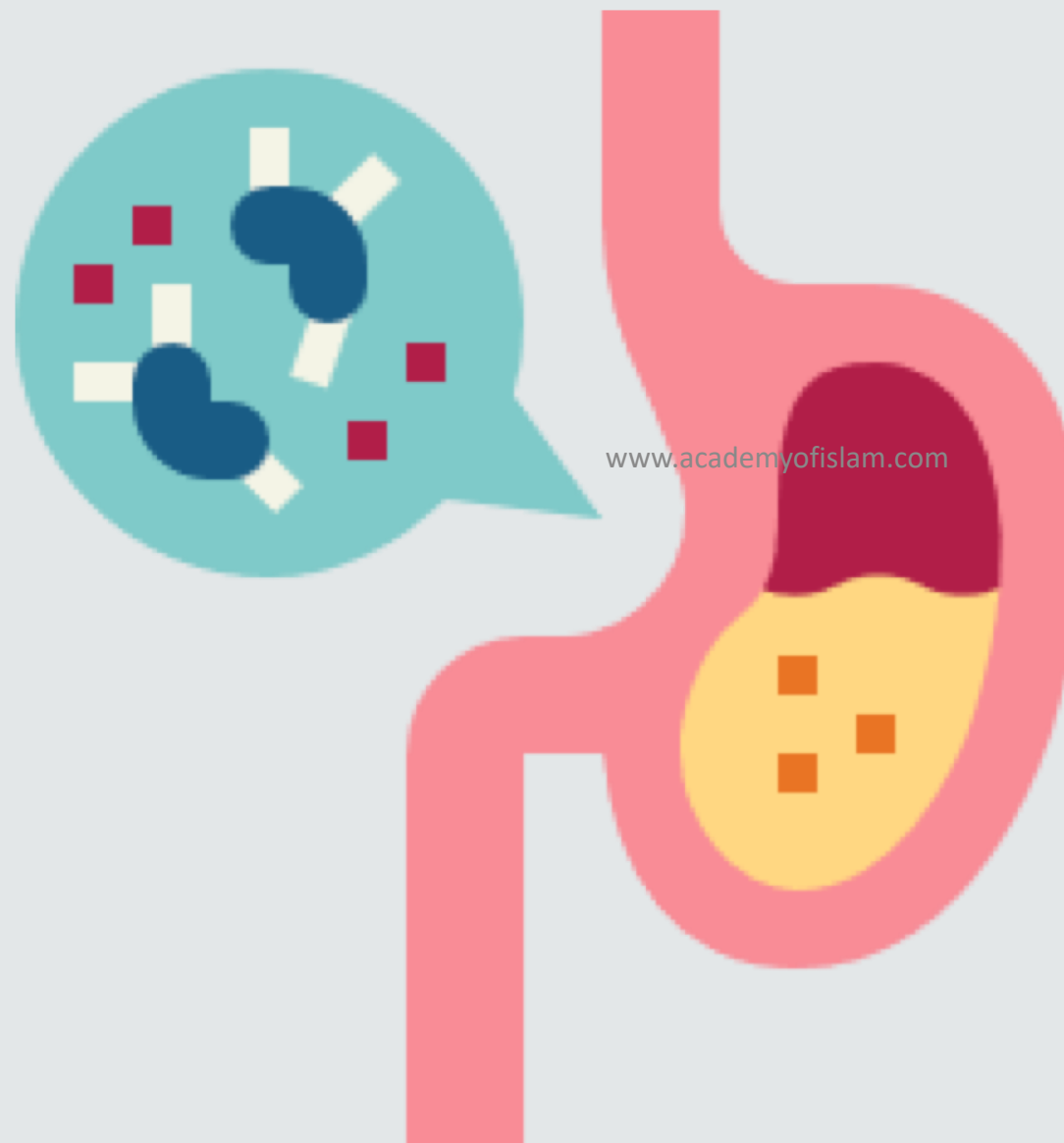
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1. Our body enters a fasting state 8 hours after a meal. Glucose which is stored in the liver and muscles is the primary fuel source and is used up first.
2. The second source is to use fat as fuel (ketones) - fruity breath
3. The third source is our protein stores. This is dangerous and undesirable known as "starvation mode" happens after 24 hours

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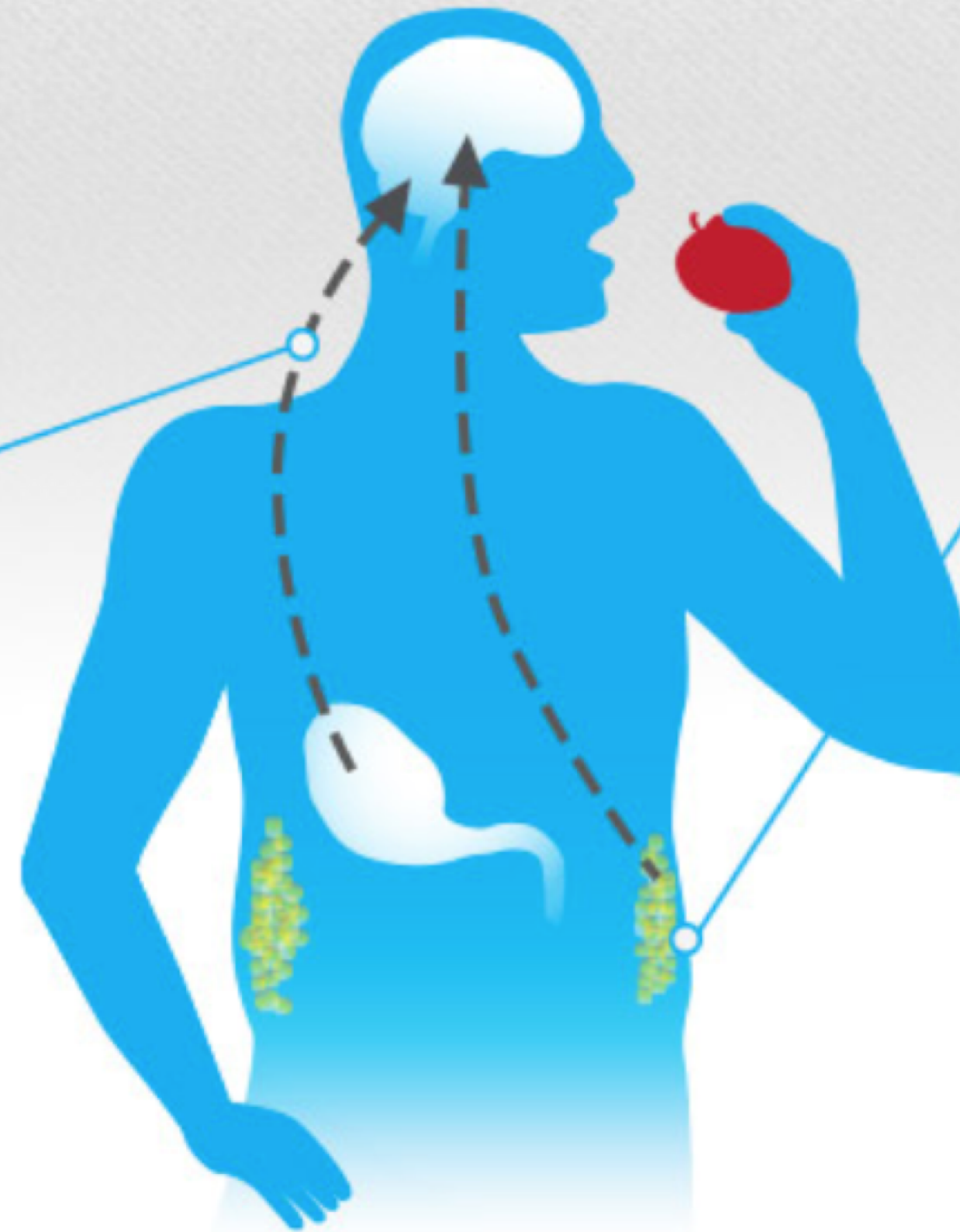
Does My Stomach Shrink?



1. No! only surgery can make your stomach smaller
2. Our appetite shrinks because of our hunger hormones they become much more sensitive
Ghrelin = hunger hormone
Leptin = fullness hormone
3. While it's not possible to shrink your stomach, it's possible to change how your stomach adjusts to hunger and feelings of fullness.

GHRELIN THE APPETITE STIMULATOR

Ghrelin is released from the stomach, and when elevated, sends a signal to your brain letting you know you're hungry and it's time to eat! Age, gender, blood glucose, and leptin levels can all affect ghrelin levels.



LEPTIN THE APPETITE SUPPRESSOR

Leptin, which is stored and secreted by fat cells, is considered to be the master regulator of hunger. When you eat a meal, leptin is released from fat cells and sends a signal to your brain to let you know you're full and to stop eating.

Factors That Impact our Energy Levels

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Food Choices

Hydration

Exercise & Sleep

Health Condition

What Should We Eat?



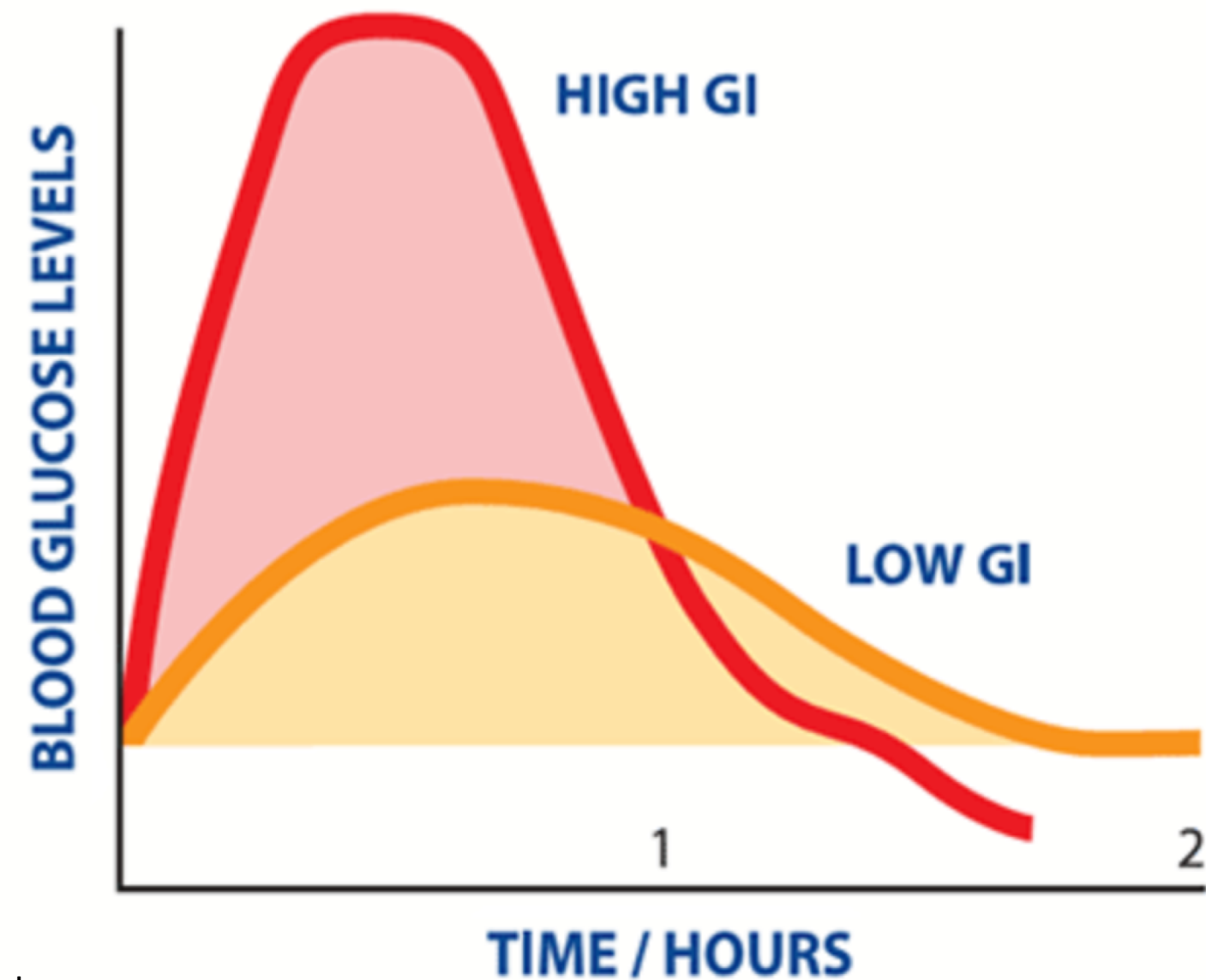
Focus on **whole foods** that are packed with **minerals, vitamins, fibre and antioxidants**:

- fruits & veggies
- whole grains (bagra, millet, barley)
- beans and lentils (mung, masoor, toor)
- lean protein (chicken, fish, eggs)
- healthy fats (avocado, nuts, seeds, olive oil)

Carbohydrates



- Body's primary fuel source
- Turns into glucose (sugar in the bloodstream) Insulin is then needed
- Choose complex carbs that contain fibre which slows down how food is broken down



Fibre

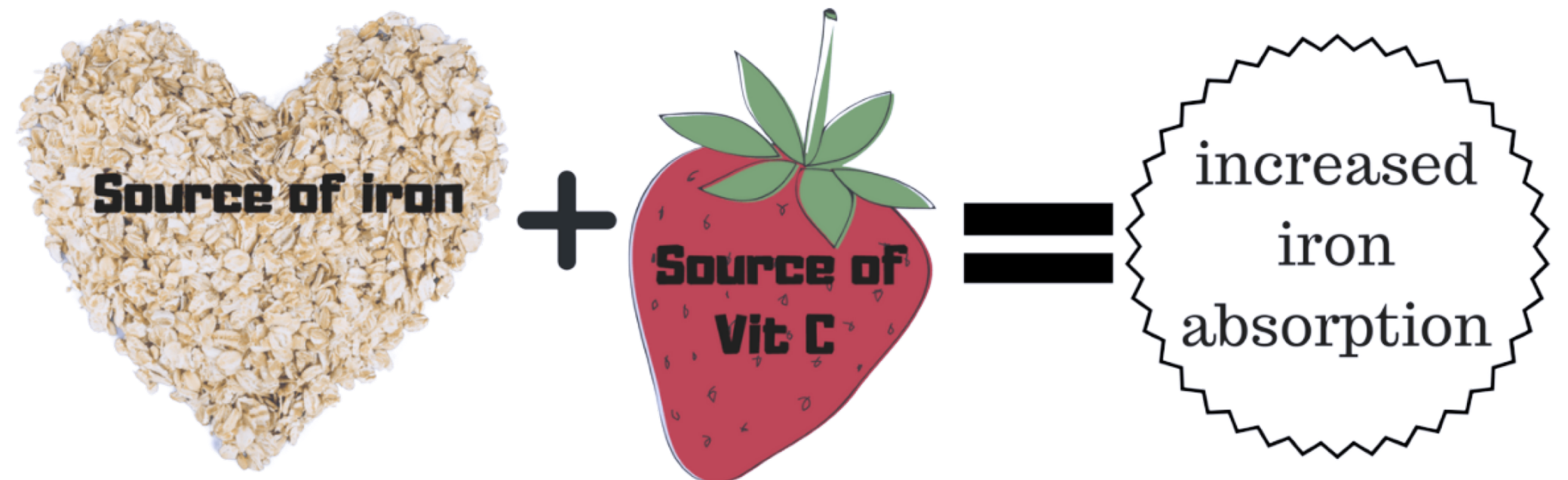


- Not digested in our body
- Expands and takes up space in our stomach = full for longer (natural appetite suppressant)
- Found in plant foods
- Great for digestive health
- Healthy microbiome
- Help keep blood sugars steady
- Disease prevention

Iron



- Boost hemoglobin (carries oxygen to organs and tissue in your body)
- Boost immunity
- Reduces fatigue
- Improves concentration
- Restores sleep
- Non - heme and heme sources



B Vitamins



- Building blocks of a healthy body
- Direct impact on energy levels
- Brain function
- Cell metabolism
- Releases energy from carbs, fat and protein
- Oxygen transport
- 8 types of B vitamins
 - B1 (thiamin)
 - B2 (riboflavin)
 - B3 (niacin)
 - B5 (pantothenic acid)
 - B6 (pyridoxine)
 - B7 (biotin)
 - B9 (folate [folic acid])
 - B12 (cobalamin)

Suhoor



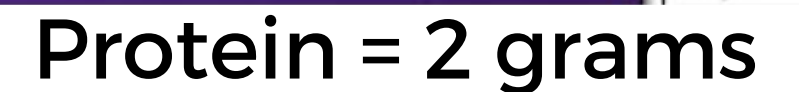
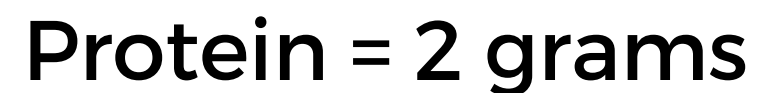
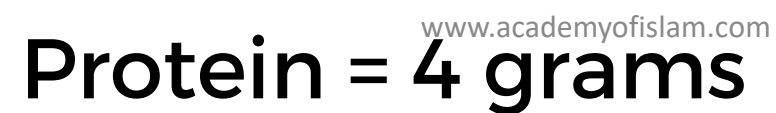
- Do not skip!
- Plan the night before
- Aim for 20 grams of protein
- Complex carbohydrates (fibre)
- Cereal - look for high protein choices at least 4-5 grams of protein
- In place of milk use high protein Skyr or Greek yogurt (3/4 cup = 17 grams of protein)
- Use hemp hearts to naturally boost protein on toast, cereal and pancakes
- Use chia seeds to boost fibre
- Eggs, overnight oats, yogurt, oatmeal, nut butter and toast

2% REDUCED FAT
ultra-filtered milk



Nutrition Facts	
About 7 servings per container	
Serving size 1 cup (240 mL)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 5mcg	25%
Calcium 380mg	30%
Potassium 400mg	8%
Vitamin A 120mcg	15%
Riboflavin 0.25mg	20%
Vitamin B ₁₂ 1.1mcg	45%
Phosphorus 245mg	20%
Magnesium 25mg	6%
Zinc 1.4mg	15%
Not a significant source of iron.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





Oatmeal

Upgrade

Hungry soon after, blood sugar spikes



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Instant oatmeal with brown sugar and raisins

Full for hours, feels energized, balanced blood sugars



Steel cut oats with nuts, chia, flax, fresh fruit & cinnamon

Chia seeds are rich in fibre, calcium, omega-3 fatty acids, manganese and much more. Plus, chia seeds soak up the liquid they are placed in and grow up to nine times their original size, bulging with hydration. As the body digests the seeds, water is slowly absorbed, keeping hydration levels up throughout the day.



Chia seed pudding

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Balanced Meal Example



MINIMIZE THIS



AIM FOR THIS

Hydration



- Helps with focus and concentration
- Boost energy
- Water is best - avoid sweetened drinks
- Balance with caffeine
- Avoid processed, high sugary foods
- Avoid fried foods and salty foods
- Hydration from food:
 - yogurt, kefir, coconut water, smoothies
 - cottage cheese
 - fruits and veggies
 - chia seeds

Exercise and Sleep



- Walking - going outside can boost energy levels
- Strength training helps with muscle loss - great to do before iftaar
- Find a time that works for you - aim to get movement daily
- Sleep will take some time to adjust to new routine
- Take naps
- Plan your schedule ahead of time

Supplements

- Food first!
- If you are taking vitamins continue to take
- Multivitamin is a good option to cover your bases
- Vitamin D + Omega 3





Thank you!

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