LOOKING AFTER YOUR HEALTH AND WELLBEING

During Sherullah, in unprecedented times and for generations to come

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HEALTH AND WELLBEING: AN OVERVIEW



IMAGE SOURCE: ANJUMAN-E-BURHANI LONDON EMAIL RECEIVED ON 27TH SEPTEMBER 2019



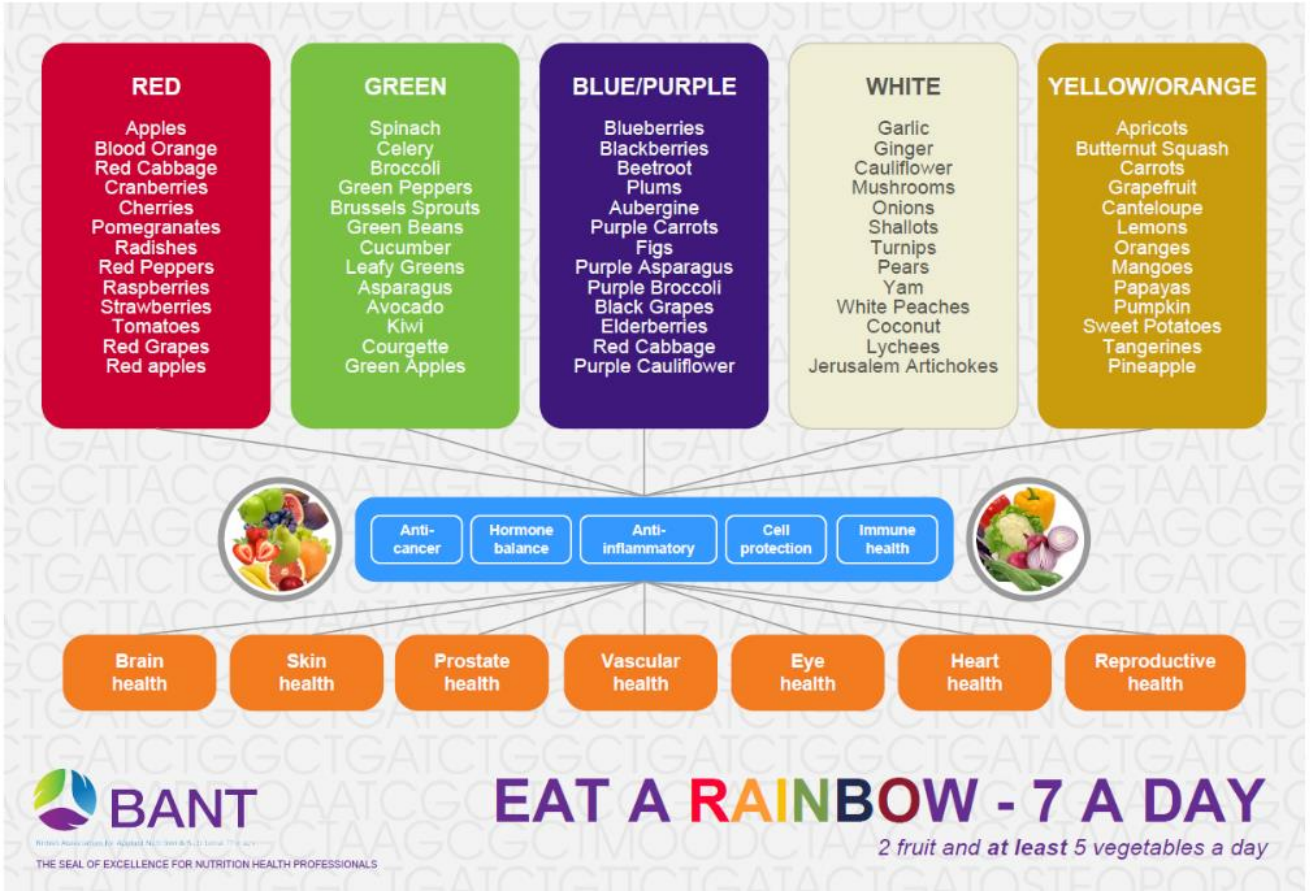
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A TIME OF REFLECTION

- Practice gratitude everyday
- Encourage healthy food and drink consumption
- Encourage relaxation
- Encourage light movement activity in the morning
- Encourage healthy sleep tips

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EATING A RAINBOW



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SUGAR AWARENESS

SOURCE: HTTPS://WWW.HEALTHYLONDON.ORG/RESOURCE/GREAT-WEIGHT-DEBATE-ROADSHOW-FILM/DRINKS-QUIZ-SCHOOLS-CHILDREN-YOUNG-PEOPLE/



7 tsp



7.5 tsp



11 tsp



11 tsp





12.5 tsp

What is the maximum amount of sugar we should be having in 1 day?

4-6 years old
5 tsp sugar

7-10 years old
6 tsp sugar

0-3 years old
0 tsp sugar



11+ years old
7 tsp sugar

Source: https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/

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HEALTHY EATING DURING SHERULLAH AND BEYOND

















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HOW CAN I INCREASE MY ENERGY DURING SHERULLAH

- Consuming minimally processed foods and foods that will help me stay full for longer
  - Fresh produce
  - Healthy Fats
  - Protein Sources
- Reduce strenuous activity
- Relax when possible!







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HYDRATION DURING SHERULLAH







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HEALTH BENEFITS OF DATES

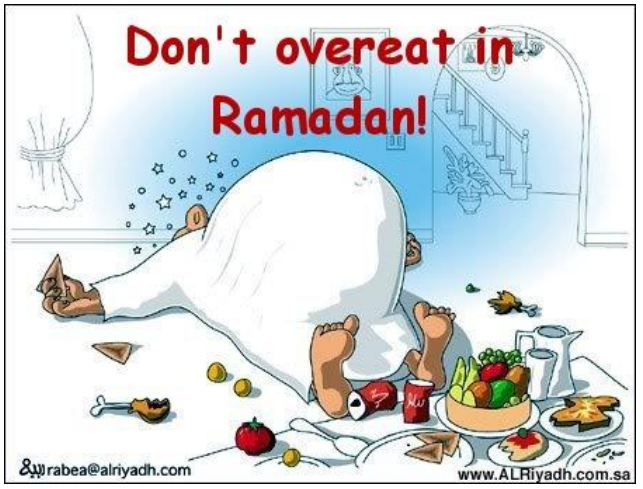


- Energy
- Digestion
- Bone Health
- Pregnancy
- Tip: If you can tolerate nuts, insert an almond in the middle of the date
- Important Note: Dates are very high in sugar and should not be eaten in excess. Especially those with Type II Diabetes should take extra care.
- Further Reading:
  - The health benefits of dates - BBC Good Food

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FOODS AND HABITS TO TRY TO DECREASE

- Biscuits
- Chocolates
- Sweets
- Mithai
- Fried Foods
- Caffeine
- Listen to your body and stop eating when full



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SOME INGREDIENT INSPIRATION



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SIHORI IDEAS

- **Omelette with Wholegrain Toast**
  Tip: Cut up all ingredients the night before and store in the fridge (spinach, onions, bell peppers, mushrooms, tomatoes for a delicious omelette); all you then have to do is beat the egg(s) and throw in your prepared veg and cook in a frying pan!

  Granola, Yoghurt, and Berries
  Opting for a lighter, but wholesome early morning meal? This is a great one which takes minutes to put together! 2-3 tablespoons plain, greek yoghurt (add a sprinkle of chia seeds and mix), then add good quality granola (or a nuts and seeds mix), and fresh berries of your choice and enjoy!

  Boiled Egg and Organic Peanut Butter on Wholegrain Toast with a portion of fruit
  Tip: Boil egg the night before and store in fridge.

  Variety is key so that your body can reap the benefits of different nutrients, so try and have an array of foods during the week.

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IFTAARI IDEAS

- Stick to fresh foods where possible
- Olives
- Hummous and vegetable sticks
- Bake your savouries instead of frying
- Drinks- milk, fresh watermelon juice, good quality coconut water(low sugar), water
- Reduce caffeinated drinks when possible

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TAKING CARE OF YOUR HEALTH AND WELLBEING

- Sleep
  - Reduce screen time usage an hour and a half before bed
  - Comfortable bedroom temperature
- Movement
  - Practice light exercise in the morning, such as stretching or a slow paced walk
- Relaxation
  - Take at least 15 minutes out of your day to do something for yourself that you enjoy

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USEFUL GENERAL TIPS

- Use a food clip or clothes pin to keep your greens fresh, such as a bag of spinach or coriander
- Buy frozen vegetables or fruit where possible, this is economical and lasts longer
- Never re-use oil, to prevent wastage, do not use too much when cooking
- Eat fruit in the morning during sihori (rather than at night)
- If you crave fruit at night after Iftaari, choose low sugar options, such as berries
- Follow all government guidelines to ensure the safety of yourselves and your families during these unprecedented times



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QUESTION TIME



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SHUKRAN ANE DUA MA YAAD KARJO

- *Khuda Ta'aala apna Baawa shafeeq ni umar shareef ne daraaz ane daraaz karjo. Aameen.*

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