

Now that we're well and truly into the Holy Month of Ramadan and many of us are working shorter hours, it's time to stop and think about our eating habits as well as our daily routine

With so many amazing iftars and suhours going on around the Emirate, it's easy to get carried away and try a different one each day.

What we should all remember though is that just because it's Ramadan, it's not an excuse to overeat.

It's still possible to enjoy a big spread at iftar without going crazy.

Opt for more manageable portions of tabouleh and fattoush with grilled chicken and lamb kebabs instead of calorie-packed shawarma and sticky sweet desserts. It's OK to treat yourself, but take it easy!

The oh-so-popular mezze staple, hummus, is an excellent source of essential minerals such as zinc and folate, as well as being a protein packed snack. But try to ditch dipping the bread and make your hummus feast extra healthy by opting to dunk some freshly cut veggies instead.

The Ramadan favourite, dates, are also full of dietary fibre and are low in fat, but they are packed with sugar.

Each date contains around 23 calories so bear that in mind when you're tucking into handfuls of these (delicious) Ramadan treats – five dates means around half an hour pounding it out on the treadmill!

Whatever you're eating at iftar, remember to think of your waistline.

Megan Wynes

Don't go overboard

Thursday, 26 July 2012 12:02
