

10.06.2016

by Annemette Jepsen, MCSP

Chartered Physiotherapist and Nutritionist

Diet and hydration guidelines:

Guidelines with regard to your diet and hydration during Ramadan:

- Try to consume 6 to 10 grams of carbohydrates per kg
- Eat enough protein
- You need to have a small fat intake
- Be sure to drink sufficient fluids to prevent a water deficit
- Hydrate often during the night, after sunset and evening prayers take along a bottle of water.

Preview from Notesale.co.uk
Page 2 of 2