

# *Healthy Ramadan*



*for Ravensthorpe*

*May Allah  
(Subhanahu Wa Ta ala)  
reward you for your efforts*



*make a promise*

# *Healthy Ramadan promises*

**We are encouraging the Ravensthorpe community to make promises which will help towards a healthy Ramadan.**

**During the 30 days of Ramadan I promise to:**

- ☐ Increase my consumption of drinking water
- ☐ Always break my fast with a drink of water and a couple of dates
- ☐ Reduce or abstain from eating any deep fried foods
- ☐ Increase my daily consumption of fruit and vegetables
- ☐ Reduce or abstain from consuming unhealthy drinks
- ☐ Include higher fibre foods in my meals
- ☐ Reduce the amount of sweet items eaten
- ☐ Limit my meals to just two (Suhoor and Iftar) and not snack all night

**During Ramadan I aim to:**

- ☐ Complete all of the health promises stated above

**Or**

- ☐ Complete 4 of the promises stated above (please select from the above)

Name \_\_\_\_\_ Date \_\_\_\_\_

*Have a safe and healthy Ramadan*

