

Saudi Food and Drug Authority releases guidelines for balanced eating in Ramadan

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The Saudi Food and Drug Authority (SFDA) has recently released guidelines to promote healthy and balanced eating habits during Ramadan. These recommendations emphasise the importance of including whole grains such as wheat and oats, low-fat dairy products, and at least five servings of various fruits and vegetables in daily meals. The SFDA also advises people to incorporate legumes, fish, eggs, and lean meats into their diet to ensure they get enough protein.

To promote overall health, the authority suggests limiting the intake of fats, while recommending small quantities of unsaturated oils. It is advised to avoid high-fat, high-salt, or high-sugar foods. The SFDA also emphasises the importance of staying hydrated by drinking six to eight glasses of fluid each day, especially during non-fasting hours.

Additionally, the SFDA advocates for careful reading of food labels to make informed food choices. This enables consumers to compare the calorie, fat, sugar, and salt content of various products. It is also important to pay attention to expiration dates, allergens, and other critical product information.

To help individuals determine their daily calorie needs, the SFDA has provided a calorie calculator on its website. This tool aims to assist people in tailoring their food intake during Ramadan to maintain or achieve a healthy weight and overall well-being.