



CRICKET NSW

NUTRITION FOR HEALTH AND PERFORMANCE THROUGH RAMADAN



Ramadan is a time of spiritual discipline and reflection.

If you continue to play cricket during this period, it is important to make the most of Suhoor and Iftar meals in order to maintain your health and performance.

This guide only offers general information for players observing Ramadan. It should not be considered medical advice. Please seek professional medical or nutrition advice for personalised recommendations.

SUHOOR

Suhoor is the most important meal of the day, offering an opportunity to eat and hydrate to sustain us for the day ahead. This is even more important if we have cricket training or a match that day.

What should I eat and drink at Suhoor?

To maximise energy throughout the day, have a balanced meal containing:



Grains

- Provide carbohydrates which give us energy for the day.
- Examples include: oats/porridge, breads (wholemeal/wholegrain), cereal, muesli



Meat, Poultry, Eggs, Seafood, Legumes, Beans and/or Dairy

- Provide protein for building and repair of muscles and is important in all other bodily processes including immunity. Also help keep us fuller for longer.



Fruit & Vegetables

- Rich in vitamins, minerals, antioxidants and fibre that are essential to our general health.
- Many Fruit & Vegetables have high water content, further aiding hydration.



Healthy Fats

- Source of energy as well as anti-inflammatory, benefiting heart health.
- Examples include: olive oil, canola oil, avocado, nuts, peanut butter, seeds.



Fluids **IMPORTANT**

- Aim to drink at least 500ml of water alongside your meal.
- Soups or drinks such as juice, smoothies, yoghurt drinks, or milk will help to further rehydrate you while providing additional nutrients.



Stay away from high sodium foods or adding salt to your cooked meals as this can make you feel more thirsty throughout the day.

E.g. Packaged foods, sauces, deli meats, cheese, and salt.

Meal Ideas Include

- Mushroom, tomato and spinach (or vegetables of choice) omelette cooked in olive oil with wholemeal breads.
- Rolled oats cooked with milk, topped with berries, banana, honey, and peanut butter.
- Smoothie made with rolled oats, banana, mixed berries, yoghurt, milk and chia seeds.
- Yoghurt (Greek Yoghurt has the highest protein content), assorted fruits such as berries and rockmelon, nuts, and seed-based granola.

IFTAR

Iftar is an opportunity to gather with community, show gratitude and break the fast. In sharing food with others, we can refuel and replenish energy, rehydrate and promote recovery.

What should I eat and drink at Iftar?

Similarly to Suhoor, having a meal with variety and balance of nutrients (a mix of dishes) will provide the best opportunity to replenish and refuel. Each community will have different types and combinations of dishes.



Dates

- Not only is it sunnah, but dates are a great source of carbohydrates and fibre.



Grains

- Provide carbohydrates which restore energy for our muscles and brain.
- Examples include: roti, naan, paratha, rice, biryani, pulao, cracked wheat.



Meat, Poultry, Eggs, Seafood, Legumes, Beans and/or Dairy

- Provide protein for building and repair of muscles and are important in all other bodily processes including immunity.



Fruit & Vegetables

- Rich in vitamins, minerals, antioxidants and fibre that are essential to our general health.



Fluids **IMPORTANT**

- Drink water to break your fast.
- Soups or drinks such as juice, smoothies, yoghurt drinks, or milk will help to further rehydrate you while providing additional nutrients.



In contrast to Suhoor, choosing meals that have salt added to them while cooking may help naturally retain water and keep you hydrated overnight. This is not a priority for those with hypertension or other health issues.

Have a mix of dishes and fluids to optimise recovery!

CONSIDERATIONS

If you abstain from drinking water during the period of fasting between Suhoor and Iftar, keeping cool is a key priority so as to not accelerate dehydration.

If training or playing in hot or humid conditions, cooling strategies such as pre-match or during break ice baths, cold showers, cold/ice towels (placed around the neck, underarms and groin) and fans should be utilised when possible.

By keeping our body cooler, the amount of sweat produced will be reduced and so too will the chance of dehydration.



You should also be aware of signs of dehydration and heat stress just in case, as these can be fatal.

Symptoms of Dehydration include:

- Feeling dizzy or faint
- Feeling tired and lethargic
- Muscle cramps (particularly if it is in more than one muscle at one time)
- Headache
- Sweating heavily
- Fatigue, weakness and restlessness
- Nausea and vomiting
- Rapid pulse
- Poor coordination
- Confusion or altered mental state

If you experience any of these symptoms, please relocate to a cool, shaded area and seek urgent medical attention.

Athletes are encouraged to seek consultation from scholars regarding fasting exemptions as rulings are often prescribed based on individual circumstances.