

DAYTIME FASTING

Some athletes follow periods of daytime fasting for personal or religious reasons such as Ramadan. This requires intentional planning around training, recovery, and nutrition.

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Example of Daily Eating and Hydration During Daytime Fasting

	Pre-dawn Meal (Suhur)	Fasting (Dawn-Sunset)	Breaking the Fast (Iftar)		Snack Before Bed
FLUID*	16 ounces (2 cups)	---	16 ounces (2 cups)	24 ounces (3 cups)	16 ounces (2 cups)
FOOD EXAMPLES	<ul style="list-style-type: none"> Eggs with veggies, toast, yogurt English muffin with eggs, avocado, sliced tomato Oatmeal with whey protein, berries and nuts or nut butter Greek yogurt with granola, nuts and fruit Dinner leftovers 	---	<ul style="list-style-type: none"> Dates & water Soup, broth, milk or coconut water 	<ul style="list-style-type: none"> Bowl of lentil soup, samosa, grilled chicken with rice and veggies 	<ul style="list-style-type: none"> Fruit, nuts and cheese Greek yogurt with nuts and honey Cottage cheese with berries Smoothie (milk, fruit, peanut butter or whey protein powder)

Reminder: Fluids should be replenished throughout the non-fasting hours, not in a single setting.

*In addition to water, include higher energy drinks such as milk or 100% juice to support hydration and calorie needs. Fluid needs may vary based on person and amount of exercise during the day.

When breaking your fast, meals should consist primarily of **COMPLEX CARBS** to provide working muscles the energy needed for training and competition. The **HEALTHY FATS** offer a sustained energy source while the **PROTEIN** helps build and repair muscle.



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