



# EATING HEALTHILY DURING RAYA

## APPLY THE PLATE TRICK

Portion management by eating from smaller plates and consuming smaller quantities. This will allow you to believe that you are eating a regular amount!



## STAY HYDRATED

Drinking lots of water keeps you hydrated. It will also help remove toxins from your body!



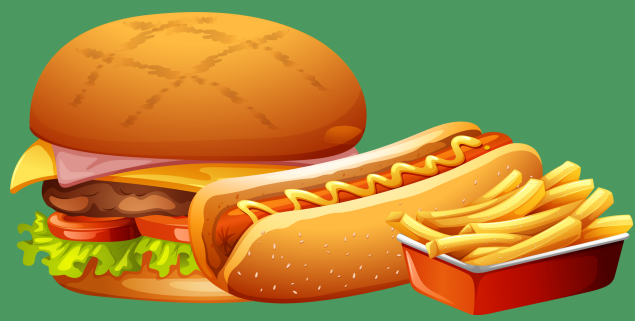
## FIT IN A LITTLE WORKOUT

Holidays are a perfect time to stay in shape by doing easy exercises like walking or ab crunches at home.



## LIMIT THE INTAKE OF GREASY FOOD

Avoid visibly fattening meat and fight the impulse to consume fattening food if you do not want to gain weight!



## MAKE ROOM FOR SOME GREEN

Vegetables are a must on a balanced food plate as they are a highly nutritious food which can prevent diseases while ensuring you remain satisfied and full for a longer period of time.

