



# Carbs & Cals



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✓ Type 1 Diabetes

✓ Type 2 Diabetes

✓ Weight Loss

## RAMADAN DRINKS

During Ramadan, stay hydrated and replenish your body with fluids after fasting. Some popular drinks are below. Avoid sugary drinks and opt for hydrating options like water, plain lassi and coconut water.

Consume caffeinated drinks like tea or coffee in moderation as they can dehydrate the body.

### Ayran

7g Carbs  
250ml

85 Cals  
6g Prot  
4g Fat  
2g SatFat  
0g Fibre

### Coconut Water

15g Carbs  
330ml, carton

55 Cals  
0g Prot  
0g Fat  
0g SatFat  
0g Fibre

### Es Timun Suri

37g Carbs  
250ml

145 Cals  
0g Prot  
0g Fat  
0g SatFat  
0g Fibre

### Mango Lassi

31g Carbs  
250ml

165 Cals  
7g Prot  
2g Fat  
2g SatFat  
0g Fibre

### Milk (whole)

12g Carbs  
250ml

160 Cals  
9g Prot  
9g Fat  
6g SatFat  
0g Fibre

### Milo Malt (with milk)

31g Carbs  
250ml

270 Cals  
11g Prot  
11g Fat  
7g SatFat  
2g Fibre

### Plain Lassi

7g Carbs  
250ml

100 Cals  
6g Prot  
5g Fat  
3g SatFat  
1g Fibre

### Rooh Afza

36g Carbs  
30ml syrup,  
220ml milk

205 Cals  
8g Prot  
4g Fat  
2g SatFat  
0g Fibre

### Sobia

37g Carbs  
250ml

350 Cals  
7g Prot  
20g Fat  
17g SatFat  
1g Fibre