



# Carbs & Cals



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## RAMADAN SWEETS

During Ramadan, traditional sweets such as baklawa, kunafa, halwa and kheer are commonly enjoyed after the Iftar meal. Some examples are below. While it's okay to have these in moderation, it's important to keep to smaller portions or opt for fruit as a healthier choice.

### Baklawa

32g Carbs  
60g  
275 Cals  
4g Prot  
15g Fat  
6g SatFat  
1g Fibre

### Basbousa

35g Carbs  
80g  
225 Cals  
4g Prot  
8g Fat  
2g SatFat  
1g Fibre

### Fruit Salad

21g Carbs  
150g  
90 Cals  
1g Prot  
0g Fat  
0g SatFat  
2g Fibre

### Gajar ka Halwa

44g Carbs  
100g  
355 Cals  
5g Prot  
17g Fat  
7g SatFat  
5g Fibre

### Gulab Jamun

54g Carbs  
125g  
385 Cals  
9g Prot  
16g Fat  
6g SatFat  
0g Fibre

### Luqaimat

32g Carbs  
60g  
210 Cals  
7g Prot  
6g Fat  
1g SatFat  
1g Fibre

### Rasmalai

20g Carbs  
150g  
225 Cals  
10g Prot  
12g Fat  
8g SatFat  
2g Fibre

### Sago with Melon

58g Carbs  
240g  
325 Cals  
7g Prot  
8g Fat  
5g SatFat  
0g Fibre

### Sweet Rice

42g Carbs  
100g  
280 Cals  
4g Prot  
11g Fat  
5g SatFat  
1g Fibre