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“The 9th month of the Islamic lunar year lasts 29 or 30 days where food and water is not consumed between dawn and sunset.”

2025 Ramadan &
Soccer Performance
Practical Implications

Jasmin Keller



Multi-Disciplinary Team

maximises performance, miniimizes fatigue, optimizes





SUHOOR (pre-dawn meal)

carbohydrates for energy (slow-release)
protein for muscle repair
hydrating foods
Omega-3 Fatty Acids
eat right before

e.g. banana porridge with nuts,
scrambled eggs with whole-grain
toast & avocado

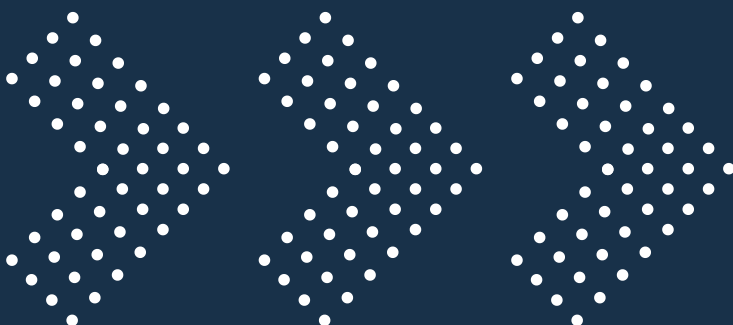
Break the l

Stick to traditional foods with a performance twist
Advice for fasting soccer players

3 Timing
Type
Total

Support

sleep & recovery



Fast with Dates & Water

ideally 2-4 litres of fluids
include electrolytes
avoid caffeine

Pro Tip:
**mouth rinsing
with water**

Hydration

“A loss of 2% bodyweight is claimed to reduce performance by 10-20%.”



Abaïdia AE, Daab W, Bouzid MA. Effects of Ramadan, Fasting on Physical Performance: A Systematic Review with Meta-analysis. Sports Med. 2020 May;50(5):1009-1026.

Chtourou, H., Trabelsi, K., Boukhris, O., Ammar, A., Shephard, R. J., & Bragazzi, N. L. (2019). Effects of Ramadan fasting on physical performances in soccer players: a systematic review. La Tunisie medicale, 97(10), 1114–1131.

Martínez-Rodríguez, A. et al., (2022) Ramadan Nutritional Strategy: Professional Soccer Player Case Study, Nutrients, 14(3), 465.

Maughan, RJ. Zerguini, Y. Chalabi, H., Dvorak, J. Achieving optimum sports performance during Ramadan: some practical recommendations. J Sports Sc 2012; 30:5109-17.

“Team captains may request a “drink break” after sunset for players to break their fast.”

Plan ahead regarding meal on opening fast

Breaking the fast during the game
e.g. honey & banana smoothie, gel-based carbohydrates and isotonic drinks

Post-game meals & take aways
e.g. grilled chicken with brown rice & steamed veggies, protein smoothies

Supplements that can help

Creatine

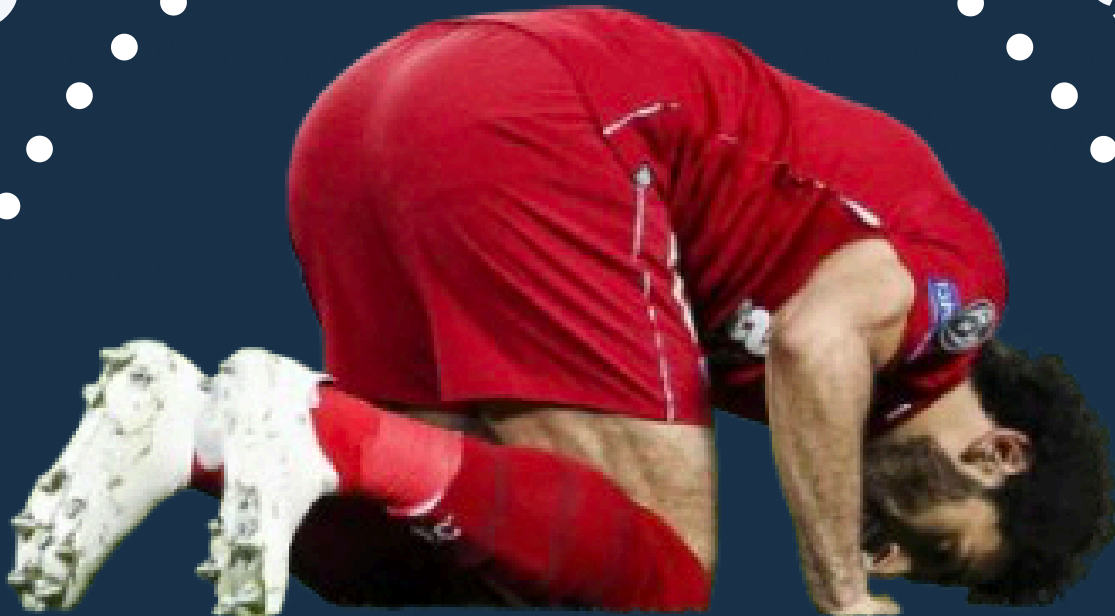
Vitamin D

Omega 3

BCAAs

Empowering, Valuing, Supporting

Matchday Considerations



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