

# Fuel Your Fast: Scoop Wholefoods Dubai's Ultimate Guide to Pre-Dawn Nutrition

DUBAI, DUBAI, UNITED ARAB EMIRATES, February 11, 2025 /EINPresswire.com/ -- As the Holy Month of Ramadan approaches, Scoop Wholefoods is empowering residents to embrace a healthier fasting experience with a carefully curated selection of nutrient-dense foods designed to sustain energy, enhance hydration and support overall well-being.



Suhoor, the pre-dawn meal, plays a crucial role in preparing the body for long hours of fasting. By choosing the right combination of slow-digesting carbohydrates, hydrating ingredients, and protein-rich foods, individuals can maintain stamina and avoid energy crashes throughout the day.

“At Scoop Wholefoods, we believe that the foundation of a nourishing fast begins with mindful Suhoor choices. Our goal is to make wholesome, organic and functional foods more accessible to the community, helping them stay energised and hydrated while observing Ramadan,” said Iryna Nestsiarovich and Victoria Pilinko, co-founders of Scoop Wholefoods UAE.

## Essential Pre-Fasting Nutrition:

**Sustained Energy Release:** Complex carbohydrates such as organic rolled oats and brown rice provide a steady supply of glucose, helping prevent fatigue. Paired with nut butters and tahini, which are packed with healthy fats and protein, these foods help maintain satiety throughout the day.

**Hydration & Electrolyte Balance:** To combat dehydration, Scoop Wholefoods Dubai offers coconut water.

**Gut & Immune Support:** Activated nuts and seeds, rich in magnesium, zinc, and antioxidants, promote digestion and strengthen immunity, both essential for maintaining well-being during

Ramadan.

Natural Sleep Support: Restful sleep is key during Ramadan. Scoop Wholefoods Dubai's selection of herbal teas, such as chamomile and peppermint, aids in relaxation and digestion, ensuring a smoother fasting experience.

"As we welcome this sacred month, we encourage our customers to focus on nourishing their bodies with clean, natural ingredients. From high-protein plant-based options to energy-boosting dried fruits, our curated range is designed to make fasting a more balanced and fulfilling journey," added Victoria Pilinko, Co-Founder of Scoop Wholefoods UAE.

Scoop Wholefoods invites customers to explore their extensive Ramadan selection in-store, where they can find everything they need to fuel their fast while embracing a healthier, more mindful approach to eating.

For more information, visit Scoop Wholefoods located in the Springs Souk or follow @scoopwholefoods\_ae on Instagram.

#### About SCOOP Wholefoods

Scoop Wholefoods Dubai is a leading destination for organic, sustainable, and nutrient-rich foods, dedicated to promoting a healthier lifestyle through natural and ethically sourced products. Founded by Iryna Nestsiarovich and Victoria Pilinko, the brand offers a carefully curated selection of wholefoods, superfoods and pantry essentials, free from artificial additives and preservatives. With a strong focus on wellness and sustainability, Scoop Wholefoods Dubai encourages mindful eating by providing bulk-buy options, plastic-free packaging and eco-friendly alternatives.

From organic grains and activated nuts to gut-friendly fermented foods and natural beauty products, the store is a one-stop shop for health-conscious consumers seeking clean, high-quality ingredients. Located in the heart of Dubai, Scoop Wholefoods is committed to supporting the community with educational workshops, expert guidance, and a holistic approach to nutrition.

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