

GUIDE FOR THE HOLY MONTH OF RAMADAN

2024



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Introduction

In this guide, the Dubai Health Authority provides you with valuable information and advice that will help you adopt a balanced lifestyle to enjoy a healthy and safe fast during the Holy month of Ramadan.

Ramadan Fasting calendar

Ramadan	Day	Gregorian	Imsak	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	Monday	11 MAR	5:05am	5:15am	6:29am	12:32pm	3:54pm	6:29pm	7:43pm
2	Tuesday	12 MAR	5:04am	5:14am	6:28am	12:31pm	3:54pm	6:30pm	7:43pm
3	Wednesday	13 MAR	5:03am	5:13am	6:27am	12:31pm	3:54pm	6:30pm	7:44pm
4	Thursday	14 MAR	5:02am	5:12am	6:26am	12:31pm	3:54pm	6:31pm	7:44pm
5	Friday	15 MAR	5:01am	5:11am	6:25am	12:31pm	3:54pm	6:31pm	7:45pm
6	Saturday	16 MAR	5:00am	5:10am	6:24am	12:30pm	3:54pm	6:31pm	7:45pm
7	Sunday	17 MAR	4:59am	5:09am	6:23am	12:30pm	3:54pm	6:32pm	7:46pm
8	Monday	18 MAR	4:58am	5:08am	6:21am	12:30pm	3:54pm	6:32pm	7:46pm
9	Tuesday	19 MAR	4:57am	5:07am	6:20am	12:29pm	3:54pm	6:33pm	7:47pm
10	Wednesday	20 MAR	4:56am	5:06am	6:19am	12:29pm	3:54pm	6:33pm	7:47pm
11	Thursday	21 MAR	4:55am	5:05am	6:18am	12:29pm	3:53pm	6:34pm	7:48pm
12	Friday	22 MAR	4:54am	5:04am	6:17am	12:29pm	3:53pm	6:34pm	7:48pm
13	Saturday	23 MAR	4:52am	5:02am	6:16am	12:28pm	3:53pm	6:35pm	7:49pm
14	Sunday	24 MAR	4:51am	5:01am	6:15am	12:28pm	3:53pm	6:35pm	7:49pm
15	Monday	25 MAR	4:50am	5:00am	6:14am	12:28pm	3:53pm	6:35pm	7:50pm
16	Tuesday	26 MAR	4:49am	4:59am	6:13am	12:27pm	3:53pm	6:36pm	7:50pm
17	Wednesday	27 MAR	4:48am	4:58am	6:12am	12:27pm	3:53pm	6:36pm	7:51pm
18	Thursday	28 MAR	4:47am	4:57am	6:11am	12:27pm	3:53pm	6:37pm	7:51pm
19	Friday	29 MAR	4:46am	4:56am	6:10am	12:26pm	3:53	6:37pm	7:52pm
20	Saturday	30 MAR	4:45am	4:55am	6:09am	12:26pm	3:52pm	6:38pm	7:52pm
21	Sunday	31 MAR	4:44am	4:54am	6:08am	12:26pm	3:52pm	6:38pm	7:53pm
22	Monday	01 APR	4:42am	4:52am	6:07am	12:26pm	3:52pm	6:39pm	7:53pm
23	Tuesday	02 APR	4:41am	4:51am	6:06am	12:25pm	3:52pm	6:39pm	7:54pm
24	Wednesday	03 APR	4:40am	4:50am	6:05am	12:25pm	3:52pm	6:39pm	7:54pm
25	Thursday	04 APR	4:39am	4:49am	6:04am	12:25pm	3:52pm	6:40pm	7:55pm
26	Friday	05 APR	4:38am	4:48am	6:03am	12:24pm	3:51pm	6:40pm	7:55pm
27	Saturday	06 APR	4:37am	4:47am	6:02am	12:24pm	3:51pm	6:41pm	7:56pm
28	Sunday	07 APR	4:36am	4:46am	6:01am	12:24pm	3:51pm	6:41pm	7:57pm
29	Monday	08 APR	4:35am	4:45am	6:00am	12:24pm	3:51pm	6:42pm	7:57pm
30	Tuesday	09 APR	4:33am	4:43am	5:59am	12:23pm	3:51pm	6:42pm	7:58pm



Preparation for Ramadan

Fasting during Ramadan not only alters dietary and hydration schedules but also has a great effect on medication adherence, sleep patterns, hormone levels, and the circadian rhythm, impacting metabolism. Weight fluctuations vary among individuals, with some maintaining, losing, or gaining weight, often influenced by Iftar eating habits. Research indicates Ramadan fasting may improve lipid profiles, notably decreasing low-density lipoprotein levels in certain individuals

Additionally, Ramadan fasting leads to a significant reduction in smoking, contributing to cessation efforts and offering numerous positive physiological benefits for the body and overall health.

Ramadan's thirty-day period has a transformative power to inspire individuals to adopt healthier habits and lifestyles start your health journey during this Holy month.

Preparation for Ramadan:

Preparing for Ramadan is important to ensure a fulfilling month of fasting while adapting healthy behaviours in order to have positive health effects on your mind and body.

In order to maintain good physical health during Ramadan, it is important to gradually adjust your meal portions and timings in the days prior to Ramadan & to alter many habits and even start certain habits in order to sustain your energy levels throughout the day in Ramadan.

How to prepare your body for Ramadan?



Consult with a healthcare professional: Before starting fasting, especially if you have any medical conditions or concerns, your health care provider can decide your eligibility to fast safely.



Gradually adjust your eating habits and get used to it a couple of weeks before Ramadan by eating a balanced meal with plenty of fruits, vegetables, whole grains, proteins and water.



Reduce your food intake and snacks.



Cut back on caffeine and cigarettes to lessen the impact of withdrawal in the first few days of the Holy Month.



Change your breakfast routine by gradually waking up and eating breakfast a little earlier each day to adjust your sleep pattern and Suhoor timing.



Incorporate light to moderate physical activity such as walking or cycling, into your daily routine as it can help improve circulation and general well-being in the days before Ramadan and will help you stay fit during Ramadan.



Prioritise sleep and aim for quality sleep each night to ensure your body gets enough rest to function optimally during fasting hours.



Prepare yourself mentally for Ramadan by setting positive intentions and dedicating time for yourself. Start by setting goals for self-improvement and personal growth during this Holy month.

Remember that Ramadan is a time of spiritual renewal and self-discipline. By focusing on both your physical and mental well-being, you can make the most of the Holy month of Ramadan.



Benefits of fasting

Fasting is shown to have several health benefits, it:

1. Purifies the body and detoxifies it.
2. Enhances overall health and wellbeing.
3. Strengthens the immune system.
4. Promotes self-discipline and self-control.
5. Boosts resilience and patience.
6. Aids weight loss which results in better control of diabetes and blood pressure.
7. Raises the levels of endorphins resulting in raised level of focus and attentiveness and mental wellbeing.



Ramadan & Nutrition

You should aim to have a balanced diet and enough hydration

Balanced nutrition:

Healthy balanced nutrition is important to maintain overall well-being and energy levels throughout the month of fasting. Accomplishing balanced nutrition could be attained through:

1. Your diet choices
2. Your cooking choices
3. Your dietary behaviours



A. Your diet choices should include:

1. Whole grains, which provides the body with energy and fibers.
2. Various types of vegetables to provide vital vitamins and nutrients.
3. Complex carbohydrates, protein, and healthy fats to keep you feeling full and energised.
4. Foods like dates, soups, grilled meats, whole grains, and salads to have a nutritious and satisfying meal.
5. Low Glycaemic Index high fiber foods that release energy slowly before and after fasting.
6. 45-50 % carbs, 20-30 % protein, 35 % fats
7. A light Suhoor that quenches your thirst and keeps the body hydrated, such as:
 - Water and natural juices.
 - Oats & whole grain bread with labneh plus a piece of fruit.
 - Fresh fruits such as oranges, watermelon, bananas, and apples.
 - Green salads.
 - Rice, pasta and bread.
 - Yogurt with added fruits.
 - Cereals with fresh milk plus dried fruits.



Ramadan & Nutrition



B. Your diet choices should avoid/limit:

1. Fried and processed foods high in fat.
2. Sugary foods.
3. High salt containing foods such as processed and salted meat and fish products, pickles, salty cheeses, spreads and sauces.



C. Your cooking should include:

1. Grilling.
2. Baking.
3. Steaming.
4. Stir-frying in a small amount of oil.
5. Using various herbs to enhance the flavour of foods being cooked.
6. Choosing healthy option as lean meat, skinless chicken and fish.



D. You'r eating behaviours; adopt:

1. Eating slowly to avoid overeating
2. Portion control during meal times
3. Keep salt off the table
4. Divide daily calories by snaking 1-2 times between Iftar and Suhoor.



Ramadan & Nutrition



Hydration:

Maintaining adequate fluid levels is crucial for maintaining health during the Holy Month of Ramadan. Water, constituting 60 to 70 percent of body weight, is a vital component of the human body. It plays a pivotal role in the optimal functioning of various body systems and organs, ensuring electrolyte balance and facilitating nutrient absorption.

Stay well-hydrated during non-fasting hours by consuming water, herbal teas, and other hydrating beverages to prevent dehydration. You can accomplish that by:

1. Drinking 10 glasses of water (at least).
2. Consuming foods with high water content (soup, watermelon and stews).
3. Avoiding caffeinated beverages (coffee, tea and cola, as they have a diuretic effect and may lead to dehydration).
4. Avoiding sugary soft drinks.
5. Avoiding direct exposure to sun and remaining in a cool shaded place during high temperature days.



Sleep & Ramadan

Maintaining good sleep during Ramadan can be challenging due to changes in eating and sleeping patterns. Adults need approximately 8 hours of sleep for the body to regain its activity, relieve fatigue and stress during the day.



Here are some tips to help you get quality sleep during this month:

- **Consistent Schedule:** Stick to a regular sleep routine.
- **Pre-Suhoor Nap:** Avoid staying up late, and sleep early until the Suhoor meal, then return to sleep for 3 to 4 hours until it is time for work.
- **Smart Meal Timing:** Plan meals in order to digest before bedtime.
- **Relaxing Routine:** Establish calming bedtime rituals.
- **Dark and Quiet:** Keep your sleep environment dark and quiet.
- **Limit Stimulants:** Reduce caffeine and nicotine, especially 4 hours before bedtime.
- **Stay Hydrated:** Drink water during non-fasting hours.
- **Manage Stress:** Use relaxation techniques to cope with stress.
- **Limit Screen Time:** Avoid screens before bedtime.
- **Light Activity:** Engage in light activities during non-fasting hours.

Adjust these tips based on your needs and listen to your body for

Fasting for special groups in Ramadan



Children:

By following these tips and closely monitoring children's, dietary habits, families can help children participate in Ramadan fasting safely and comfortably, while also fostering a sense of spiritual connection without facing the risk of dietary deficiencies, fatigue and dehydration while keeping in mind that they are still in the growth and development stage.

- **Education:** Explain the significance of fasting in a way that children can understand, emphasising the spiritual and communal aspects of Ramadan.
- **Flexibility:** Be flexible with fasting practices for children, considering their individual needs, capabilities, and health status.
- **Hydration:** Encourage children to drink plenty of fluids during non-fasting hours, focusing on water and hydrating foods to prevent dehydration.
- **Balanced Nutrition:** Provide nutritious and balanced meals during Suhoor and Iftar, including foods rich in carbohydrates, protein, healthy fats, vitamins, and minerals to support their growth and development.
- **Meal Timing:** Ensure children eat a wholesome Suhoor meal before dawn to provide sustained energy throughout the day, and a nutritious Iftar meal to replenish their energy stores.
- **Monitor Symptoms:** Keep an eye on children for signs of dehydration, fatigue, weakness, dizziness, or any other health concerns, and encourage them to communicate how they're feeling.
- **Encourage Rest:** Ensure children get adequate rest and sleep to support their physical and mental well-being during fasting hours.
- **Monitor Activity Level:** Encourage moderate physical activity but avoid excessive exertion during fasting hours to prevent fatigue and ensure safety.
- **Supervision:** Provide supervision and support throughout the fasting period, offering guidance and assistance as needed to ensure children's well-being.

Fasting for special groups in Ramadan



Fasting for those with chronic conditions:

For individuals with chronic diseases, fasting during Ramadan requires careful consideration and planning to ensure health and well-being.

- **Consultation:** Consult with a healthcare provider, before fasting. Discuss the risks and benefits of fasting and whether it's safe given individual health status.
- **Dietitian advice:** Get an advice from a dietitian as they can tailor a meal plan that suits your condition.
- **Medication Management:** Review medication schedules and dosage adjustments with healthcare providers to accommodate fasting hours and ensure optimal disease management.
- **Monitoring:** Monitor symptoms and health indicators closely during fasting, such as blood sugar levels for diabetes or blood pressure for hypertension. Keep track of any changes or concerns and report them to healthcare providers promptly.
- **Hydration and Nutrition:** Stay well-hydrated during non-fasting hours by drinking plenty of fluids, especially water. Focus on balanced and nutritious meals during Suhoor and Iftar, including foods that are suitable for your condition.

Fasting for special groups in Ramadan



Fasting for those with chronic conditions:

- **Meal Timing:** Plan meals carefully to ensure adequate energy and nutrient intake during non-fasting hours, particularly for conditions like diabetes that require careful meal timing and carbohydrate management.
- **Moderate Physical Activity:** Engage in moderate physical activity during non-fasting hours, if possible and after consulting with the healthcare providers. Exercise can help improve overall health and manage certain chronic conditions, but avoid excessive exertion during fasting hours.
- **Listen to Your Body:** Pay attention to how the body responds to fasting and adjust as needed. If experiencing any adverse effects or complications, break the fast and seek medical attention if necessary.
- **Educate Yourself:** Learn about how fasting may affect a specific chronic condition and what precautions to take. Knowledge empowers individuals to make informed decisions about fasting.

Fasting for special groups in Ramadan



Healthy Fasting Tips for Older Adults

By following these tips and closely monitoring their health, older adults can observe Ramadan safely while maintaining their overall health and vitality.

- **Consultation:** Before fasting, older adults should consult with their healthcare provider to ensure fasting is safe given their medical history and current health status.
- **Hydration:** Encourage adequate hydration during non-fasting hours to prevent dehydration, especially since older adults are more prone to dehydration.
- **Nutritious Meals:** Plan balanced and nutritious meals for Suhoor and Iftar, including foods rich in fiber, protein, vitamins, and minerals to support overall health and energy levels.
- **Medication Management:** Ensure complying to prescribed medications and discuss any adjustments needed with healthcare providers to accommodate fasting hours.
- **Monitor Symptoms:** Keep an eye on signs of dehydration, fatigue, weakness, or other health concerns, and seek medical attention if needed.
- **Light Physical Activity:** Engage in light physical activities such as walking, stretching, or gentle yoga to maintain mobility and circulation, but avoid strenuous activities that may be too taxing.
- **Rest and Sleep:** Prioritise adequate rest and sleep to support overall well-being and energy levels during fasting hours.
- **Spiritual Connection:** Emphasise on the spiritual aspects of Ramadan beyond fasting, such as prayer, reflection, and community involvement, which can contribute to a sense of fulfillment and well-being.

Fasting for special groups in Ramadan



Fasting Guidance for Pregnant and Breastfeeding women:

For pregnant and breastfeeding women, fasting during Ramadan requires special consideration to ensure both maternal and infant health. Here are some important tips:

- **Consultation:** Consult with a healthcare provider, before deciding to fast during Ramadan. They can assess individual health status and provide personalised guidance.
- **Assessing Health Status:** Determine whether fasting poses any risks to the health of the mother or baby based on factors such as maternal health, pregnancy stage, and breastfeeding status.
- **Hydration and Nutrition:** Stay well-hydrated during non-fasting hours by drinking plenty of fluids, including water, milk, and hydrating beverages. Focus on nutritious meals during Suhoor and Iftar, including foods rich in carbohydrates, protein, vitamins, and minerals.
- **Frequent Small Meals:** Consider breaking the fast with small, frequent meals to ensure adequate nutrient intake and minimise digestive discomfort.
- **Medication Management:** If taking medication, discuss with healthcare providers whether adjustments are needed to accommodate fasting hours.



Fasting for special groups in Ramadan



Fasting Guidance for Pregnant and Breastfeeding women:

- **Listen to Your Body:** Pay attention to physical signs and symptoms such as fatigue, dizziness, nausea, and prioritise your health.
- **Supplement Intake:** Ensure adequate intake of vitamins and minerals as recommended by healthcare providers to support maternal and fetal health.
- **Breastfeeding Considerations:** Breastfeeding women may choose to fast, but it's crucial to maintain milk supply and quality by staying well-nourished and hydrated.
- **Rest and Relaxation:** Prioritise rest and relaxation during fasting hours to conserve energy and support overall well-being.
- **Spiritual Connection:** Engage in spiritual practices such as prayer, reflection, and community involvement, to maintain a sense of connection during Ramadan

Oral Hygiene during Ramadan



Caring for your dental health during Ramadan involves paying attention to certain practices. Here are some tips:

- **Brush after Meals:** Brush your teeth after Iftar and Suhoor.
- **Drink Water:** Stay hydrated to prevent dry mouth.
- **Limit Sugary Foods:** Reduce sugary snacks and drinks.
- **Use Dental Floss:** Clean between your teeth with floss.
- **Avoid Smoking**
- **Chew Sugar-Free Gum:** Helps stimulate saliva.
- **Using miswak:** It helps get rid of bad breath while fasting and reduces the risk of developing cavities,
- **Check with Dentist:** Schedule a dental check-up before Ramadan.

These straightforward tips can contribute to good dental hygiene during the fasting month.



Physical activity in Ramadan

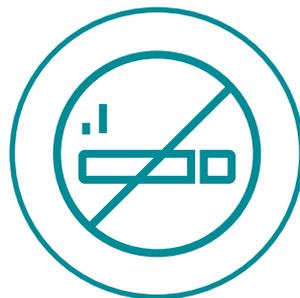
The importance of physical activity in Ramadan cannot be overstated, as it not only helps in maintaining physical health but also boosts mental clarity and spiritual focus through the fasting period

Here are some tips to help you adopt physical activity:

- **Timing:** Schedule your workouts either before Suhoor or after Iftar.
- **Intensity:** Select moderate-intensity exercises such as brisk walking, yoga, or light jogging to avoid exhaustion during fasting hours.
- **Preference:** Choose the right time to work out: either just before Iftar or two to three hours after Iftar.
- **Be aware:** Do not engage in any physical activity immediately after Iftar as all of the body's energy will be directed towards digestion of food.
- **Hydration:** Drink plenty of water during non-fasting hours to stay hydrated.
- **Meal Planning:** Consume balanced meals during Suhoor and Iftar and do not overeat.
- **Listen to Your Body:** Pay attention to how your body responds to exercise during fasting. If you feel dizzy, fatigued, or experience any discomfort, nausea, difficulty breathing or chest pain, it's important to rest and prioritise your health.
- **Consistency over Intensity:** Focus on maintaining consistency in your physical activity routine.
- **Recovery:** Allow time for adequate rest and recovery between workouts, especially during fasting hours, to prevent injuries and support muscle recovery.
- **Consult a Healthcare Professional:** If you have any health concerns or medical conditions, before starting or modifying your exercise routine during Ramadan.

Ramadan and Smoking

During the Holy month of Ramadan, the fasting person abstains from eating and drinking for a period of no less than 12 hours a day. During fasting hours, the level of nicotine in the body of a smoker decreases significantly in the smoker. He will feel symptoms related to the urgent need to smoke, but the fasting person is able to control his desire, and this is evidence of his actual ability to quit smoking.



The month of Ramadan is a golden opportunity to achieve this, so seize it.

Here are some tips which may help you:

1. Choose a strong motivation to quit smoking, and be determined to implement it.
2. Avoid eating large amounts of carbohydrates and replace them with foods rich in fiber, such as vegetables and fruits.
3. Stay away from areas where there is a lot of smoking and smokers.
4. Avoid foods and drinks that are commonly consumed with smoking.
5. Stay busy by exercising which makes smoking difficult at such times.
6. Dispose of all lighters and cigarette holders.
7. Save the money that was spent on smoking, and buy something that you love as a reward.
8. See a doctor if necessary to prescribe medications that help you quit smoking.
9. Maintain self-motivation with the need to quit smoking.



Benefits of quitting smoking

Quitting smoking means breaking the cycle of addiction and essentially rewiring the brain to stop craving nicotine. To achieve success in quitting smoking and to obtain the benefits of quitting smoking, the smoker needs to develop a plan to overcome the intense desire to smoke, and the effects of quitting smoking in Ramadan begin to appear, less than one hour after the last cigarette

Here are the beneficial health changes that occur:

- Within 20 minutes, your heart rate and blood pressure drop.
- After 12 hours, the carbon monoxide level in your blood drops to normal.
- In 2-12 weeks, your circulation improves and your lung function increases.
- In 1-9 months, coughing and shortness of breath decrease.
- In 1 year, your risk of coronary heart disease is about half that of a smoker's.
- In 5 years, your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
- In 10 years, your risk of lung cancer falls to about half that of a smoker and your risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
- In 15 years, the risk of coronary heart disease is that of a nonsmoker's.



Mental Health in Ramadan

This month provides an opportunity for introspection, mindfulness, and emotional rejuvenation. However, the altered eating and sleeping patterns, along with the heightened spiritual and social expectations, can also pose challenges to mental well-being. By prioritising mental health during Ramadan, individuals can cultivate a deeper sense of inner peace, resilience, and spiritual growth.

Here are some points to maintain mental health during Ramadan:

- Establish a balanced routine that includes regular physical activity, hydration, and nutritious meals during non-fasting hours.
- Allocate time for rest and relaxation, such as short naps or breaks for mindfulness practices, to alleviate stress and fatigue.
- Connect with your friends and family for Iftar and prayers to foster a sense of belonging and social support.
- Set realistic goals and expectations for personal spiritual growth during Ramadan to reduce feelings of pressure and overwhelm.
- Practice gratitude, self-reflection, and acts of kindness towards oneself and others to cultivate a positive mindset and enhance overall mental well-being throughout the month.
- The Tahajjud prayer is considered to be the best way to relax the body and mind because it combines exercises, ambient spirituality and reverence.

You cannot take care of anyone if you do not take care of yourself.



Common Health Conditions in Ramadan and how to manage them

A. Tips to Overcome Heart Burn during Ramadan

1. Eat healthy foods slowly and in moderation, and divide meals after breakfast
2. Choose your food wisely and avoid spicy, fatty and acidic foods.
3. Make sure to have enough fiber rich foods to avoid indigestion.
4. Drink sufficient amount of water to stay hydrated during non-fasting hours.
5. Try not to lie down after meals for at least 2 to 3 hours in order to prevent the backflow of acid.
6. Consider herbal remedies like ginger, chamomile etc.
7. Manage stress as this may also worsen the symptoms of heartburn.

B. Tips to overcome Headache During Ramadan

1. Drink sufficient amount of water to stay hydrated during non-fasting hours.
2. Avoid caffeinated drinks like coffee or tea which can lead to dehydration and worsen headache.
3. Maintain a well balanced and nutritious diet, which helps to stabilize blood sugar levels and this in turn prevents headaches.
4. Manage stress as stress levels trigger headaches
5. Try to get adequate amount of sleep at night as sleep deprivation worsens the headache.
6. Limit exposure to triggers like strong smells, loud noises, bright lights etc. (varies from person-to-person.)



Common Health Conditions in Ramadan and how to manage them

C. Tips to avoid dehydration during Ramadan

1. Avoid drinks that contain caffeine: Excessive caffeine intake leads to increased thirst, so it is best to replace these drinks with natural juices.
2. Drink plenty of water: Water is one of the best ways to hydrate your body, as it is necessary for the body to perform all its functions.
3. Avoid exposure to the sun: Exposing your body to heat causes increased sweating, which may make you lose the water you desperately need to keep yourself hydrated during fasting.
4. Drink natural juices: Get natural juices made from fruits, keep them in an airtight bottle, and drink them from time to time in order to compensate for the nutrients that your body loses during fasting.
5. Refrain from eating too much salt: Reducing the amount of salt in your food is one of the most important tips to avoid dehydration in Ramadan, as meals rich in sodium lead to increased feelings of thirst during fasting hours.
6. Start breakfast with dates: Dates help hydrate your body, as they are one of the foods naturally rich in glucose
7. Non-strenuous exercise: Choose an appropriate time to do non-strenuous exercise, which is two to three hours after breakfast, and try to balance the amount of water lost by drinking water before bed and when you wake up to eat the Suhoor meal.
8. Choose foods that contain a high percentage of water: as some foods help you stay hydrated because they contain a lot of water.



Common Health Conditions in Ramadan and how to manage them

D. Tips to avoid constipation during Ramadan

1. Eat wholegrains, high fiber cereals, fruit and vegetables, beans, lentils and nuts.
2. Drink sufficient amounts of water and fluids during breakfast hours
3. Split your food intake
4. Walk for 30 minutes daily

E. Tips to avoid stress during Ramadan

1. Make sure you eat a healthy Suhoor: Avoid eating fast food because it may increase nervousness and tension in Ramadan.
2. Practice an activity or hobby: Set aside some time for yourself to exercise or practice some of your favorite activities and hobbies to improve your mood.
3. Get plenty of sleep: Try to get enough hours of sleep.
4. Try to relax: If you feel that you are unable to control your emotions and anger, we advise you to relax for at least 5 minutes and stay away from everything that bothers you before resuming your daily work.
5. Drink enough water daily: Drink at least 8-10 cups of water distributed between breakfast and Suhoor.
6. Reduce frequent access to social media
7. Follow a balanced diet



Common Health Conditions in Ramadan and how to manage them

F. Tips to prevent weight gain in Ramadan

1. **Balanced breakfast:** Set a routine for your eating pattern in Ramadan. This will give you perspective on how much food you really need
2. **Avoid fried foods:** Fried foods are high in calories and low in nutrients and can lead to weight gain.
3. **Don't skip Suhoor:** It will lead to feeling hungry throughout the day causing overeating during Iftar.
4. **Reduce sugars:** Replace it by eating foods rich in natural sugars such as fresh and dried fruits and honey.
5. **Limit salt:** It makes you thirsty and also affects the body's ability to digest and absorb fluids.
6. **Exercising:** It is very important to do some kind of physical activity, such as brisk walking or simple exercises that keep the body active and prevent it from being extremely tired or lazy.
7. **Portion control:** Control the amount of food you eat during the non-fasting hours at every meal.
8. **Avoid canned juices:** It is best to choose fresh juice because it contains the right amount of nutrients, sugar and fiber that help improve the body's metabolism.



Common Health Conditions in Ramadan and how to manage them

G. Tips to prevent high blood sugar in diabetics during Ramadan

1. Take your medication as prescribed by the doctor.
2. Avoid eating a large amount of food during Iftar.
3. Divide your food it into several small meals between Iftar and Suhoor, to avoid sudden rise in blood sugar levels.
4. Avoid eating simple or quickly absorbed sugars (white sugar, sweets, some fruits, starches, etc.).
5. Make sure to eat a lot of vegetables containing fiber, which helps strengthen the body after long hours of fasting.
6. Be physically active.
7. Make sure to eat the Suhoor meal and eat proteins and avoid sugar in this meal, to avoid a sudden rise in blood sugar, which results in an accompanying rise in the hormone insulin, which can expose the patient to a drop-in blood sugar.
8. Monitor your blood sugar daily, and consult your physician to change your treatment plan if your blood sugar is not controlled.



Healthy Grocery List for Ramadan

Shopping in the Ramadan is the key for a healthy Ramadan; Be ready with your shopping list and stick to it

There are varieties of options during shopping, be smart in choosing healthy items.

- Make sure your shopping cart contains foods from all food groups: vegetables, fruits, grains, legumes, dairy products, and meat.
- Choose healthy oils, such as olive oil.
- Choose less or no processed food to the best extent possible processed food.
- Limit fast-burning foods such white flour, as well as, fatty foods like cakes, biscuits, chocolates and sweets.
- Avoid ready-made and canned foods and sauces, as they contain a high percentage of salts, sugars, and preservatives.
- Choose complex carbohydrates as they release energy slowly over long hours of fasting (eg: grains and seeds, like barley, wheat, oats, millets, semolina, beans, lentils, wholemeal flour.)
- Get fiber-rich foods as they get digested slowly. For example foods like bran, cereals, whole wheat, grains and seeds, potatoes, vegetables and fruits.



Healthy Grocery List for Ramadan

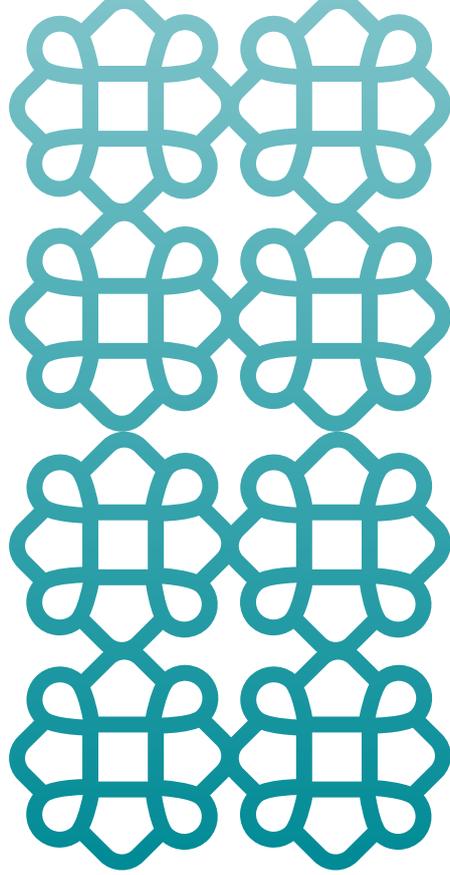
- Some healthy alternatives during Ramadans shopping:

Item	Healthy alternative
Sweetened beverages and carbonated water	Natural fresh juices and mineral water
Sauces	Olive oil and lemon
White rice	White rice
Ready-made broth cubes	Home-made broth
Salty full fat cheese	Less salt, low-fat cheese
Food cream	Skimmed or low-fat fresh milk
Sugar syrup	Honey, date syrup
Hydrogenated oil	Plant based oil (avocado, olive)
Salted nuts	Un-salted nuts
Chocolates and sweets	Dark chocolate
White macaroni	Whole grain pasta
Ready-made sauces	Fresh herbs



Healthy Grocery List for Ramadan

Low Glycemic Index foods	Medium Glycemic Index Foods	High Glycemic Index Foods
Green leafy Vegetables Most fruits Raw carrots Beans, chickpeas, and lentils.	Sweet corn Bananas Raw pineapple Raisins Cherries Oat-based cereals Multigrain, whole-wheat, or rye breads	White Rice White bread, Potatoes



**We wish you a healthy
and happy Ramadan**