



Ramadan **Health Guide**

Ramadan, the holy month of fasting observed by Muslims worldwide, is a time for spiritual reflection, increased prayer, and community gatherings. During this month, it's essential to maintain good health to fully benefit from the spiritual aspects of fasting. This guide aims to provide valuable information on maintaining a healthy lifestyle during Ramadan, including specific considerations for those with diabetes, hypertension, acidity, breastfeeding women, pregnancy, and kidney disease.



Healthy Eating & Balanced Diet during Ramadan

Maintaining a healthy and balanced diet during Ramadan is crucial for overall well-being. A balanced meal comprises complex carbohydrates, lean proteins, healthy fats, and fiber-rich foods. Complex carbohydrates, such as whole grains, fruits, and vegetables, provide sustained energy throughout the day. Lean proteins, like fish, chicken, and legumes, aid in muscle repair and growth. Healthy fats, including avocados and nuts, are essential for heart health and satiety. Lastly, fiber-rich foods help with digestion and keep you feeling full longer.

During Ramadan, it's vital to practice portion control to avoid overeating during Iftar and Suhoor (pre-dawn meal). Opt for smaller portions of all food groups to ensure a balanced intake. For those with diabetes, focusing on low glycemic index foods is beneficial. These include whole grains, vegetables, and proteins. Avoiding sugary foods and refined carbohydrates helps in managing blood sugar levels effectively.

Lama Saleem
Clinical Dietitian



Meal suggestions for Ramadan include grilled chicken with quinoa and roasted vegetables, lentil soup with a side salad, or baked fish with brown rice and steamed vegetables. These meals provide a balance of nutrients and flavors, making them ideal for breaking the fast.

Hydration is key during Ramadan. It's crucial to drink plenty of water between Iftar and Suhoor to prevent dehydration. Incorporating hydrating foods like watermelon, cucumbers, and soups also helps maintain fluid balance.

Diabetes & Ramadan

For individuals with diabetes, Ramadan presents unique challenges. However, with proper planning and guidance, fasting can be safe and manageable. When it comes to diet, those with diabetes should focus on balanced meals with controlled carbohydrate intake, lean proteins, and healthy fats.

Portion size is essential for managing blood sugar levels. Eating smaller, frequent meals during non-fasting hours can help prevent spikes or drops in blood sugar. Monitoring HbA1C levels before and after Ramadan provides insight into long-term blood sugar control.

Hypoglycemia (low blood sugar) is a concern for individuals with diabetes on medications during fasting. It's crucial to be aware of the symptoms and keep glucose tablets or snacks on hand for immediate treatment if needed. Consulting with a healthcare provider before Ramadan is essential to assess individual risks and determine if fasting is safe.

While fasting with diabetes is possible, it's essential to understand the risks and precautions associated with it. Factors such as age, overall health, and diabetes management play a role in determining suitability for fasting. Individuals with diabetes should be vigilant about monitoring their blood sugar levels, staying hydrated, and breaking their fast with nutritious foods to maintain stable blood sugar levels.



Dr. Aly Bernard
Consultant Endocrinologist



Hypertension & Ramadan

Hypertension, or high blood pressure, requires careful management during Ramadan. Individuals with hypertension should focus on a low-sodium diet to control blood pressure levels. This involves reducing salt intake and avoiding processed and packaged foods that are high in sodium.

A healthy Ramadan diet for hypertension includes fresh fruits, vegetables, whole grains, and lean proteins. These foods are rich in potassium, magnesium, and fiber, which are beneficial for heart health. It's essential to limit foods that are high in saturated fats and cholesterol, such as fried and fatty foods.

Monitoring blood pressure regularly during Ramadan is crucial for individuals with hypertension. If prescribed medication for hypertension, it's essential to continue taking it as directed by a healthcare provider. Missing doses can lead to fluctuations in blood pressure levels.

Staying active during Ramadan can also help manage hypertension. Light exercises such as walking, stretching, or yoga can be incorporated into daily routines. However, individuals should avoid strenuous activities during fasting hours to prevent dehydration and fatigue.

In summary, individuals with hypertension should focus on a low-sodium, heart-healthy diet during Ramadan. Regular monitoring of blood pressure, medication adherence, and light physical activity contribute to overall heart health and well-being.



Dr. Iman Esmat
Specialist Cardiology



Acidity & Ramadan

Acidity, or acid reflux, can be exacerbated during Ramadan due to changes in eating habits and meal timings. It's essential to identify trigger foods that can worsen acidity, such as spicy, fried, and acidic foods. These should be avoided or consumed in moderation.

To prevent acidity during Ramadan, individuals can opt for meal preparation methods that reduce acidity. Baking, steaming, or grilling foods instead of frying can help in this regard. Eating smaller, frequent meals rather than large, heavy meals can also prevent acid reflux.

For immediate relief from acidity, antacids are a common over-the-counter remedy. Keeping antacids on hand during Ramadan can be helpful for managing occasional symptoms. It's also important to stay hydrated with water between Iftar and Suhoor, as water helps neutralize stomach acid.

Avoiding lying down immediately after meals can also reduce the risk of acidity. Maintaining an upright position for at least 2 hours after eating allows food to digest properly and prevents stomach acid from flowing back into the esophagus.

Overall, a balanced diet, portion control, and mindful food choices can help prevent acidity during Ramadan. Managing stress levels and getting adequate rest also contribute to digestive health during fasting.



Dr. Emad Al Rahmani
Consultant Gastroenterology & Hepatology
Chief Medical Officer

Ramadan & Breastfeeding Women

Breastfeeding women have unique nutritional needs during Ramadan to ensure both their health and the health of their babies. It's essential for breastfeeding mothers to consume a nutrient-rich diet that provides the necessary vitamins, minerals, and calories.



A balanced Ramadan diet for breastfeeding women includes foods rich in iron, calcium, vitamins, and healthy fats. This can include whole grains, lean proteins, dairy products, fruits, and vegetables. Incorporating a variety of foods ensures a diverse nutrient intake.

Hydration is crucial for breastfeeding women, especially during fasting hours. In addition to drinking water between Iftar and Suhoor, consuming hydrating foods like watermelon, cucumbers, and soups helps maintain fluid balance.

Breastfeeding mothers should aim for smaller, more frequent meals during Suhoor and Iftar to prevent overeating and aid digestion. Including complex carbohydrates, lean proteins, and healthy fats in each meal helps maintain energy levels and milk production.

Consulting with a healthcare provider before Ramadan is important for breastfeeding women. They can provide personalized recommendations based on individual needs and ensure that fasting does not compromise maternal or infant health.

Overall, with proper nutrition, hydration, and monitoring of energy levels, breastfeeding women can successfully observe Ramadan while providing optimal care for themselves and their babies.



Dr. Aisha Khalid AlMukhtar
Specialist Obstetrics & Gynaecology

Ramadan & Kidney Disease

For individuals with kidney disease, fasting during Ramadan requires careful consideration and planning. Kidneys play a vital role in filtering waste products from the blood, and fasting can impact their function.

Fluid intake should be monitored closely to avoid overloading the kidneys. Drinking water between Iftar and Suhoor is important for staying hydrated, but excessive fluid intake can strain the kidneys. It's essential to balance hydration with the body's needs.

A low-protein diet may be recommended for those with kidney disease during Ramadan. This helps reduce the workload on the kidneys and manage waste products effectively. Foods rich in potassium and phosphorus should also be limited, as they can be challenging for the kidneys to process.

Medication management is crucial for individuals with kidney disease during Ramadan. It's important to take prescribed medications as directed by a healthcare provider. Some medications may need to be adjusted or timed differently during fasting hours.

Consulting with a nephrologist before Ramadan is essential for those with kidney disease. They can provide personalized guidance on diet, fluid intake, and medication management. Regular monitoring of kidney function through blood tests is also recommended to ensure the kidneys are functioning optimally during fasting.

In summary, individuals with kidney disease should focus on maintaining a balanced diet, monitoring fluid intake, and following their medication regimen during Ramadan. With proper management and guidance from healthcare providers, fasting can be safe and manageable for those with kidney disease.

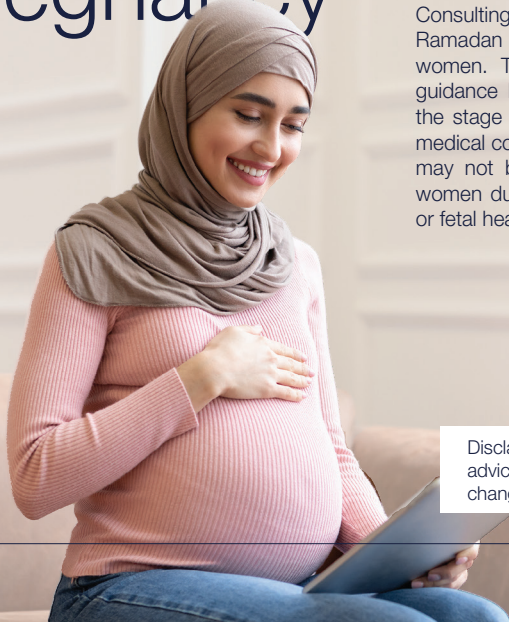


Dr. Hisham Hassan
Consultant Nephrology



Pregnant women require special attention and care during Ramadan to ensure both maternal and fetal health. Fasting during pregnancy is a personal decision that should be made in consultation with an obstetrician.

Ramadan & Pregnancy



A balanced and nutrient-rich diet is crucial for pregnant women observing Ramadan. Meals should include a variety of foods rich in vitamins, minerals, and protein. Complex carbohydrates, such as whole grains and legumes, provide sustained energy. Lean proteins, including poultry, fish, and tofu, aid in fetal growth and development. Fruits, vegetables, and dairy products provide essential vitamins and minerals.

Pregnant women should opt for smaller, more frequent meals during Suhoor and Iftar to prevent fluctuations in blood sugar levels. Hydration is key, and pregnant women should drink plenty of water between Iftar and Suhoor to avoid dehydration.

Consulting with an obstetrician before Ramadan is advisable for pregnant women. They can provide personalized guidance based on the woman's health, the stage of pregnancy, and any existing medical conditions. In some cases, fasting may not be recommended for pregnant women due to potential risks to maternal or fetal health.

Monitoring symptoms such as fatigue, dizziness, or changes in fetal movements is important during fasting. If any concerning symptoms arise, pregnant women should break their fast and seek medical attention.

In summary, pregnant women should prioritize their health and the health of their baby during Ramadan. With proper nutrition, hydration, and guidance from healthcare providers, fasting can be safely observed during pregnancy.

Observing Ramadan while maintaining good health is achievable with proper planning and understanding of your body's needs. By following these guidelines and consulting with healthcare professionals when needed, you can ensure a healthy and spiritually fulfilling Ramadan experience.



Dr. Salwa Taher
Consultant Obstetrics &
Gynaecology

Disclaimer*: This guide is for informational purposes only and should not replace medical advice. Consult with your healthcare provider before making any significant dietary or lifestyle changes, especially if you have a medical condition.

No.	Weekday	Date	Fajr	Zhuhr	Asr	Maghrib	Isha	Imsak
1.	Monday	11 March	5:18	12:35	15:55	18:32	19:45	5:08
2.	Tuesday	12-Mar	5:17	12:34	15:55	18:33	19:46	05:07
3.	Wednesday	13 March	05:16	12:34	15:55	18:33	19:46	05:06
4.	Thursday	14 March	05:15	12:34	15:55	18:33	19:47	05:05
5.	Friday	15 March	05:14	12:33	15:55	18:34	19:47	05:04
6.	Saturday	16 March	05:13	12:33	15:55	18:34	19:48	05:03
7.	Sunday	17 March	05:12	12:33	15:5	18:35	19:48	05:02
8.	Monday	18 March	05:11	12:33	15:55	18:35	19:49	05:01
9.	Tuesday	19 March	05:10	12:32	15:54	18:36	19:49	05:00
10.	Wednesday	20 March	05:09	12:32	15:54	18:36	19:50	04:59
11.	Thursday	21 March	05:08	12:32	15:54	18:36	19:50	04:58
12.	Friday	22 March	05:07	12:31	15:54	18:37	19:50	04:57
13.	Saturday	23 March	05:06	12:31	15:54	18:37	19:51	04:56
14.	Sunday	24 March	05:05	12:31	15:54	18:38	19:51	04:55
15.	Monday	25 March	05:04	12:31	15:54	18:38	19:52	04:54
16.	Tuesday	26 March	05:03	12:30	15:54	18:38	19:52	04:53
17.	Wednesday	27 March	05:01	12:30	15:53	18:39	19:53	04:51
18.	Thursday	28 March	05:00	12:30	15:53	18:39	19:53	04:50
19.	Friday	29 March	04:59	12:29	15:53	18:40	19:54	04:49
20.	Saturday	30 March	04:58	12:29	15:53	18:40	19:54	04:48
21.	Sunday	31 March	04:57	12:29	15:53	18:40	19:55	04:47
22.	Monday	01 April	04:56	12:28	15:53	18:41	19:55	04:46
23.	Tuesday	02 April	04:55	12:28	15:52	18:41	19:56	04:45
24.	Wednesday	03 April	04:54	12:28	15:52	18:42	19:56	04:44
25.	Thursday	04 April	04:53	12:28	15:52	18:42	19:57	04:43
26.	Friday	05 April	04:52	12:27	15:52	18:43	19:57	04:42
27.	Saturday	06 April	04:50	12:27	15:52	18:43	19:58	04:40
28.	Sunday	07 April	04:49	12:27	15:51	18:43	19:59	04:39
29.	Monday	08 April	04:48	12:26	15:51	18:44	19:59	04:38
30.	Tuesday	09 April	04:47	12:26	15:51	18:44	20:00	04:37





800 7 444

✉ : contactus@reemhospital.ae
🌐 : www.reemhospital.com

Opposite to Sorbonne University, Al Reem Island, Abu Dhabi, UAE, P.O. Box : 953

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