

First line advice: For patients over Ramadan

This information sheet has been provided to give you basic initial information about what to do if you are fasting over Ramadan.

If you need more detailed advice and support, please ask your doctor to refer you to a dietitian.

The diet during Ramadan should not differ significantly from a healthy balanced diet. Complex Carbohydrates are advisable, they are foods that will help release energy slowly during the long hours of fasting. These can be found in grains and seeds like barley, wheat, oats, millet, semolina, beans, lentils, wholemeal flour/ cereals and basmati rice etc

Top Tips:

1. **Drinks:** Avoid drinking tea or coffee at Sahoor.
(Caffeine acts as a diuretic, resulting in faster water loss through urination).
Sugar free drinks should be used to quench the thirst or sweeteners used.
Avoid sweet lassi, mango pulp, tropical juices and fizzy drinks.
2. **Fibre** rich foods are also digested slowly and include bran, cereals, whole wheat, grains and seeds, potatoes with skin, vegetables such as green beans and almost all fruits including apricots, prunes, figs, etc
3. Eat more **starchy foods** such as wholegrain bread with seeds, porridge, semolina, bran flakes, wholemeal chappati and naan bread, fruits and yoghurts for Sahoor to stop you feeling hungry.
4. Foods to **avoid at Iftar are processed foods, fast burning foods that contain refined carbohydrates in the form of sugar**, white flour, etc.
As well as of course, too much **fatty foods**.
(E.g. Rusks, cakes, biscuits, chocolates and sweets such as Indian mithai)
5. **Limit sugary foods at Iftar.** Only have small amounts of food such as laddoo, jalebi and burfi. **Have a variety of fruits, vegetables and yoghurts** for Suhoor and Iftar, to maintain a balanced diet and prevent constipation.
6. **Reduce preparation and the intake of fried foods** such as paratha, puri, samosa, chevra, pakora, katlamas, fried kebabs and Bombay mix. When using oil for cooking, be sure to only use 1-2 tablespoons as a maximum.
7. Fried foods, such as, fried kebabs, samosa and pakaora's should be discouraged and reduce the amount of oil in cooking and frying and avoid the usage of deep fat fryers during Ramadan. Reheated oil becomes saturated fats which is bad for your heart.
8. Risk of Constipation – **Drink plenty of water at Sahoor** (Sunset); eat plenty of fibre rich foods including cereals, dried fruits and fruits and vegetables with skins.

	Foods to avoid ✘	Healthy/ Alternatives Foods ✓
Fats & oils	Deep fried foods e.g. pakoras, samosa. Use less fat and oils in cooking. Avoid using ghee or butter.	Grill bake foods such as grilled samosas, kebabs. Add 1 teaspoon oil per person. Shallow fry. Use vegetable or olive oil.
Drinks	Avoid lassi, fizzy drinks, fruit juices, mango pulps, tea and coffee, and Carnation milk.	Have sugar free drinks, use semi skimmed milk in drinks, and have sugar free drinks.
Fruits & Vegetables	Limit fruit juices to 1 glass and avoid mango pulp (contain a lot of sugar).	Eat 2 portions of fruit at Sahoor and eat 2-3 pieces fruits at Iftar Bowl of salad and vegetable curry.
Sweets	Avoid mitai, jalebi, ladoos baklawa.	Make gajar ka halwa, kheer rasmalai at home using semi skimmed milk and artificial sweeteners.
Salt	Use less salt in cooking, reduce intake of salty snacks.	Use alternative spices, lemon juice, coriander, garlic, onions, chillies and low fat salad dressings.
Breakfast	Avoid frying eggs, parathas., puris, curry and rice.	Wholegrain toast/ plain roti (made from wholemeal atta) with dhal or low fat plain yoghurts Cereals such as muesli, Weetabix, porridge, Fruit & Fibre with semi-skimmed milk
Dinner	Avoid pilau, fried rice or biryani, oily curries, fried chicken and chips	Have boiled rice, and add plenty of vegetables with rice and low fat yoghurts
Snacks	Avoid fried samosas, pakoras, spring rolls, tikki's. chevra, biscuits, rusks, puff pastry.	Grilled chicken, samosas baked in oven, corn on the cob, grilled kebabs, shallow fry pakora's and tikki in a non-stick pan.

This information leaflet was produced by the Community Dietitians at The North West London Hospitals NHS Trust, Northwick Park Hospital, Watford Rd, Harrow, HA1 3UJ

This diet sheet is intended for information only. It is not a substitute for proper medical diagnosis or dietary advice given by a Registered Dietitian. The advice is not appropriate for certain medical conditions such as diets that require the exclusion or restriction of particular foods. If in doubt, please check with your medical practitioner.
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