



# United Taxi Workers HEALTH BULLETIN

June 2012

No. 5

## RAMADAN FASTING

### How to Stay Safe & Healthy During Ramadan

#### A Guide to Healthy Fasting

*Diet during Ramadan should be similar to a regular healthy and balanced diet:*

- Eat complex carbs at the pre-dawn meal and eat the pre-dawn meal as late as possible.
- Eat simple carbs at sunset – try to eat several smaller meals instead of one big one.
- Drink more fluid.
- Avoid foods rich in fats.

#### Healthy Alternative Foods

- Whole grains, chickpeas (plain, or with potato in yogurt with different spices), samosas baked instead of fried, and boiled dumplings.
- Milk-based sweets and puddings like Rasmalai and Barfee.
- Alternate with chapattis made without oil, and baked or grilled meat and chicken. Try to make pastry at home and use a single layer.

#### Fasting and Exercise

*Normal levels of exercise are fine – not too much or too little.*

- Exercise – 2 hours after the sunset meal may help prevent high blood sugar.

**A SPECIAL THANK YOU TO PROJECT CONCERN INTERNATIONAL (PCI) FOR THE INFORMATION ON RAMADAN AND DIABETES AND FOR ALL THAT YOU DO IN OUR COMMUNITIES!**



[www.PCIglobal.org](http://www.PCIglobal.org)

#### Ramadan & Diabetes

*Fasting Can Be Dangerous for Diabetics.*

#### American Diabetic Association (ADA)

##### Recommendations:

- Get a Pre-Ramadan medical check-up and counseling before fasting.
- Monitor and check blood sugar levels multiple times a day.
- Medication should be adjusted with the weight loss or gain that may occur.

**Type 1 Diabetics** are at very high risk of developing severe complications, especially if blood sugar levels are poorly controlled, and are strongly advised against fasting.

**Type 2 Diabetics** can fast if their blood sugar is well controlled: Eat two to three smaller meals instead of one big one.

##### Break the fast if:

- Blood sugar is lower than 60 mg/dL
- Blood sugar is higher than 300 mg/dL

\* The Koran excuses the sick from fasting (*Holy Koran, Al-Bakarah, 183-185*), particularly if fasting causes harm. If you are diabetic and decide to fast please follow the healthy fasting guide!

UTWSD Health Bulletin is part of a one year partnership with **Foundation for Change** to offer an Immigrant Worker Health Initiative to the under-served taxi driver community.



Foundation for Change