



RAMADAN AND HEALTHY EATING: GUT HEALTH EDITION

Zeenia Gul – Dietitian and Health Coach



**AUSTRALIAN ISLAMIC
MEDICAL ASSOCIATION**

OVERVIEW

- Intention setting
- Gut health
 - Background
 - Prebiotics/Probiotics
 - Eating behaviors
- How to make a balanced:
 - Suhoor
 - Iftar
- Q and A session (10 minutes)

Eating is a behaviour.

Take this Ramadan as an opportunity to:

- Eat the way the Prophet ﷺ guided us
- Develop spiritual discipline and God-consciousness
- Gratitude towards all things

Motivation: Optimal nutrition to **increase** ibadah in Ramadan.



INTENTION

> Can Fam Physician. 2020 Feb;66(2):117-125.

Intermittent fasting and weight loss: Systematic review

Stephanie Welton¹, Robert Minty², Teresa O'Driscoll³, Hannah Willms⁴, Denise Poirier⁵, Sharen Madden⁶, Len Kelly⁷

Affiliations + expand









Conclusion: The findings in this systematic review suggest that IF influences gut microbiota. It seems possible that IF can improve richness and alpha diversity. Due to the substantial heterogeneity of the results, more research is required to validate these findings and clarify whether the compositional changes might be beneficial to human health.

The impact of intermittent fasting on gut microbiota: a systematic review of human studies

Isa Paukkonen^{#1}, Elli-Noora Törrönen^{#1}, Johnson Lok¹, Ursula Schwab^{1,2}, Hani El-Nezami^{1,3}

Articles

Intermittent fasting and health outcomes: an umbrella review of systematic reviews and meta-analyses of randomised controlled trials

Ming-Li Sun^{a,k}, Wei Yao^{b,c,k}, Xiao-Ying Wang^{a,k}, Song Gao^{a,k}, Krista A. Varady^d, Sofia K. Forslund^{e,f,g,h}, Miao Zhang^{b,c}, Zan-Yu Shi^{b,c}, Fan Cao^{b,c}, Bing-Jie Zou^{b,c}, Ming-Hui Sun^{b,c}, Ke-Xin Liu^a, Qi Bao^a, Jin Xu^a, Xue Qin^a, Qian Xiao^{a,c}, Lang Wuⁱ, Yu-Hong Zhao^{b,c}  , De-Yu Zhang^a  , Qi-Jun Wu^{b,c,a,j}   ...Ting-Ting Gong^a  

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Intermittent fasting and health outcomes: an umbrella review of systematic reviews and meta-analyses of randomised controlled trials

[Ming-Li Sun^{a,k}](#) · [Wei Yao^{b,c,k}](#) · [Xiao-Ying Wang^{a,k}](#) · [Song Gao^{a,k}](#) · [Krista A. Varady^d](#) · [Sofia K. Forslund^{e,f,g,h}](#) et al. [Show more](#)



intermittent fasting


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It is suggested that IF may have beneficial effects on a range of health outcomes for adults with overweight or obesity, compared to a non-intervention diet. Specifically, IF may decrease WC, fat mass, LDL-C, TG, TC, fasting insulin, and SBP, while increasing muscle mass and FFM. Notably, it is worth noting that the SBP lowering effect of IF appears to be weaker than that of CER.

Effects of Ramadan and Non-ramadan Intermittent Fasting on Gut Microbiome

[Seyedeh Neda Mousavi^{1,2}](#), [Elham Rayyani³](#), [Javad Heshmati⁴](#), [Ronja Tavasolian⁵](#), [Mehran Rahimlou^{6,*}](#)

"These findings support the importance of TRE and RF in improving gut microbiota composition. However, based on the results of animal studies, it can be suggested that diet remains the essential factor in forming its environment" (1)

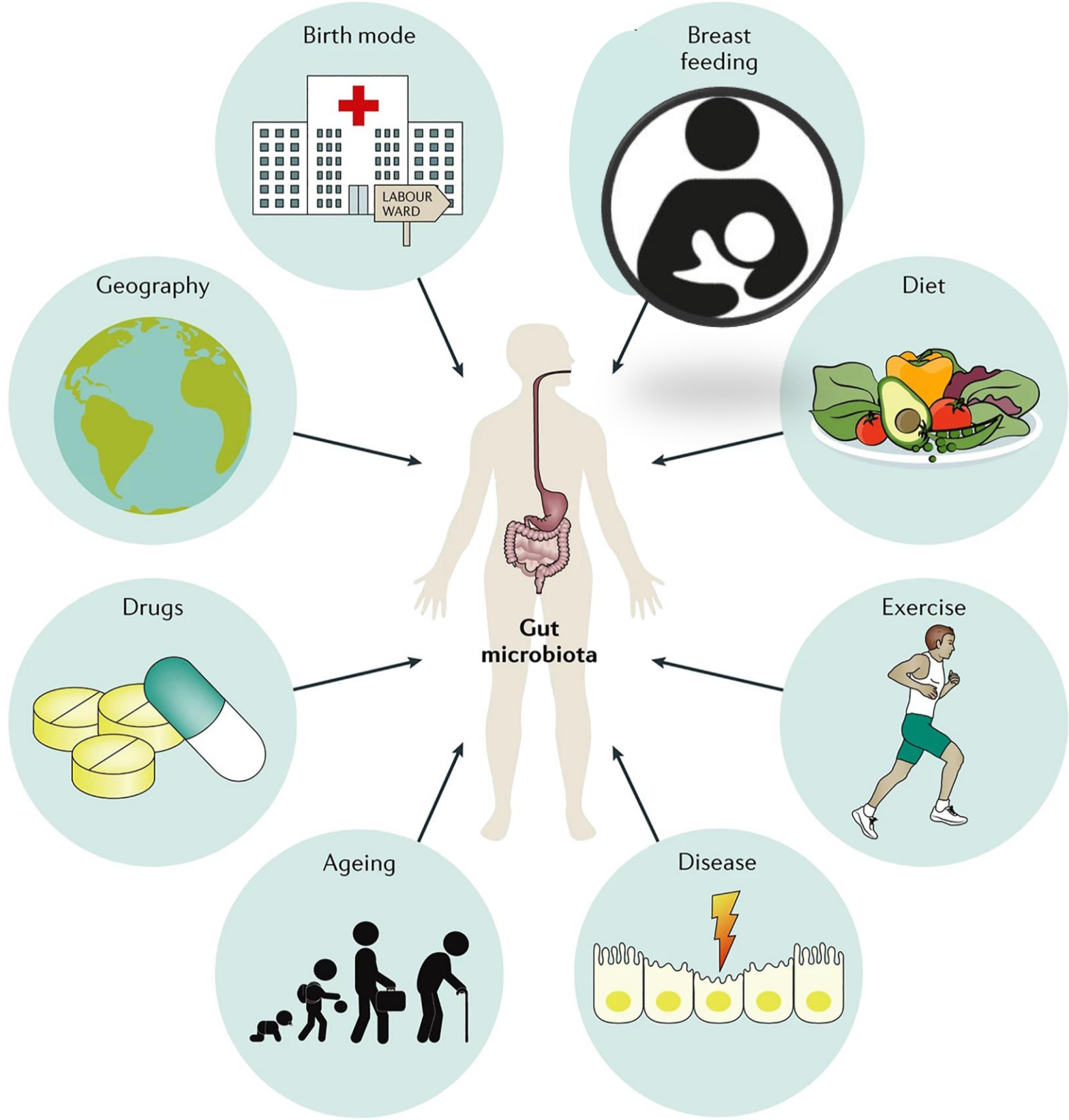
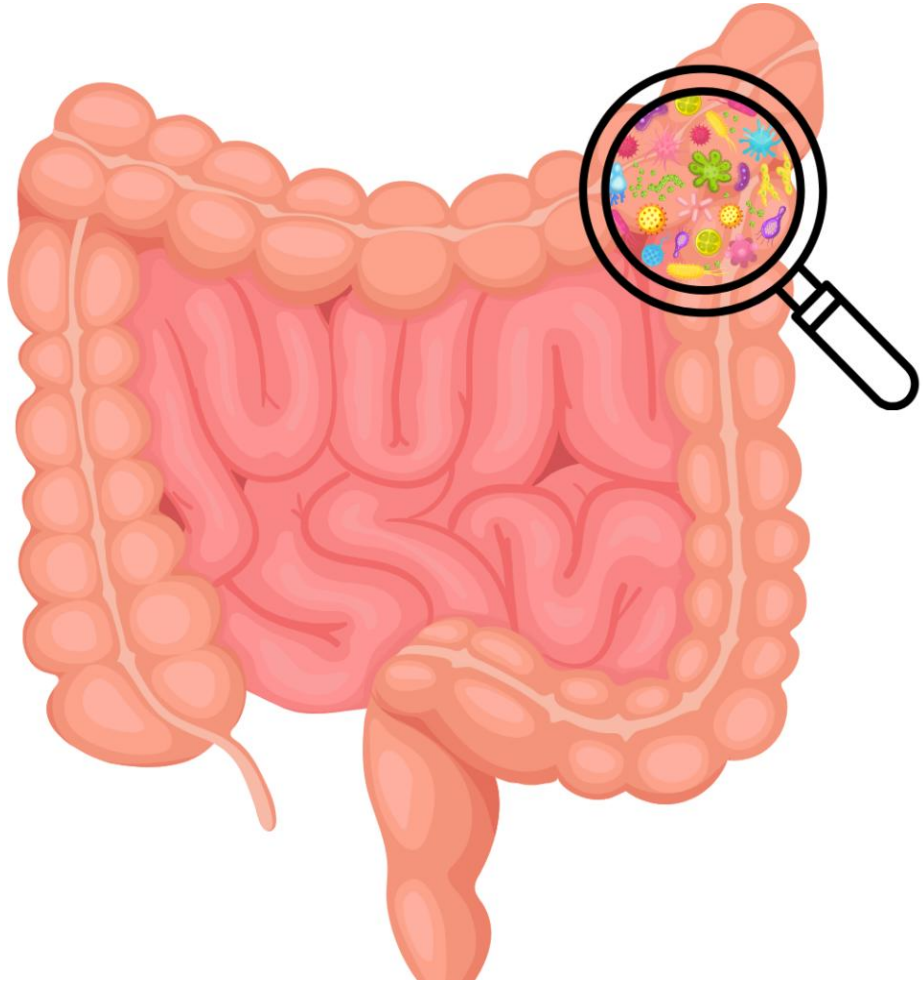
- **Constipation**
- **Indigestion and Heartburn**
- **Bloating**
- **Fatigue**

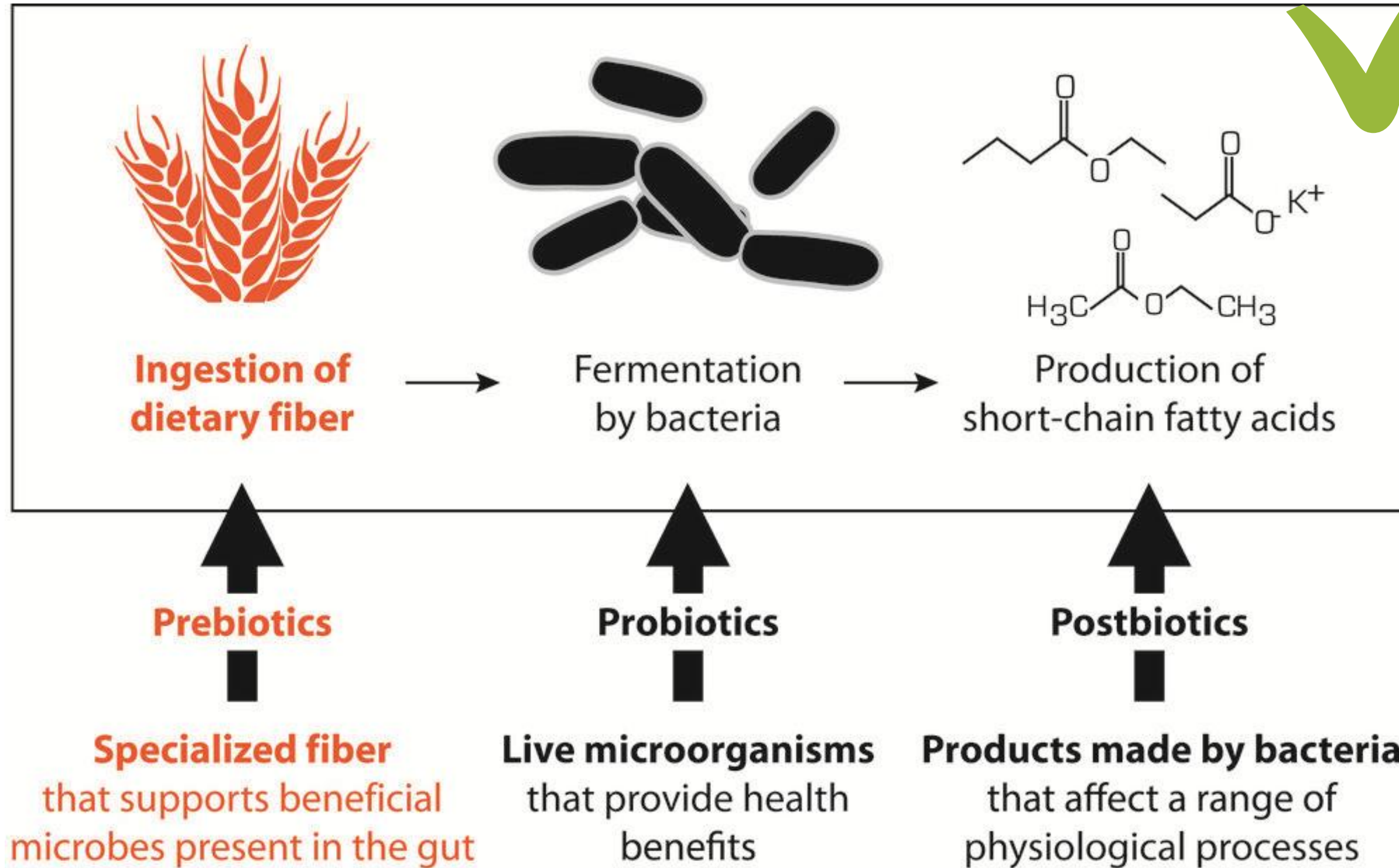
NUTRITION CONCERNS

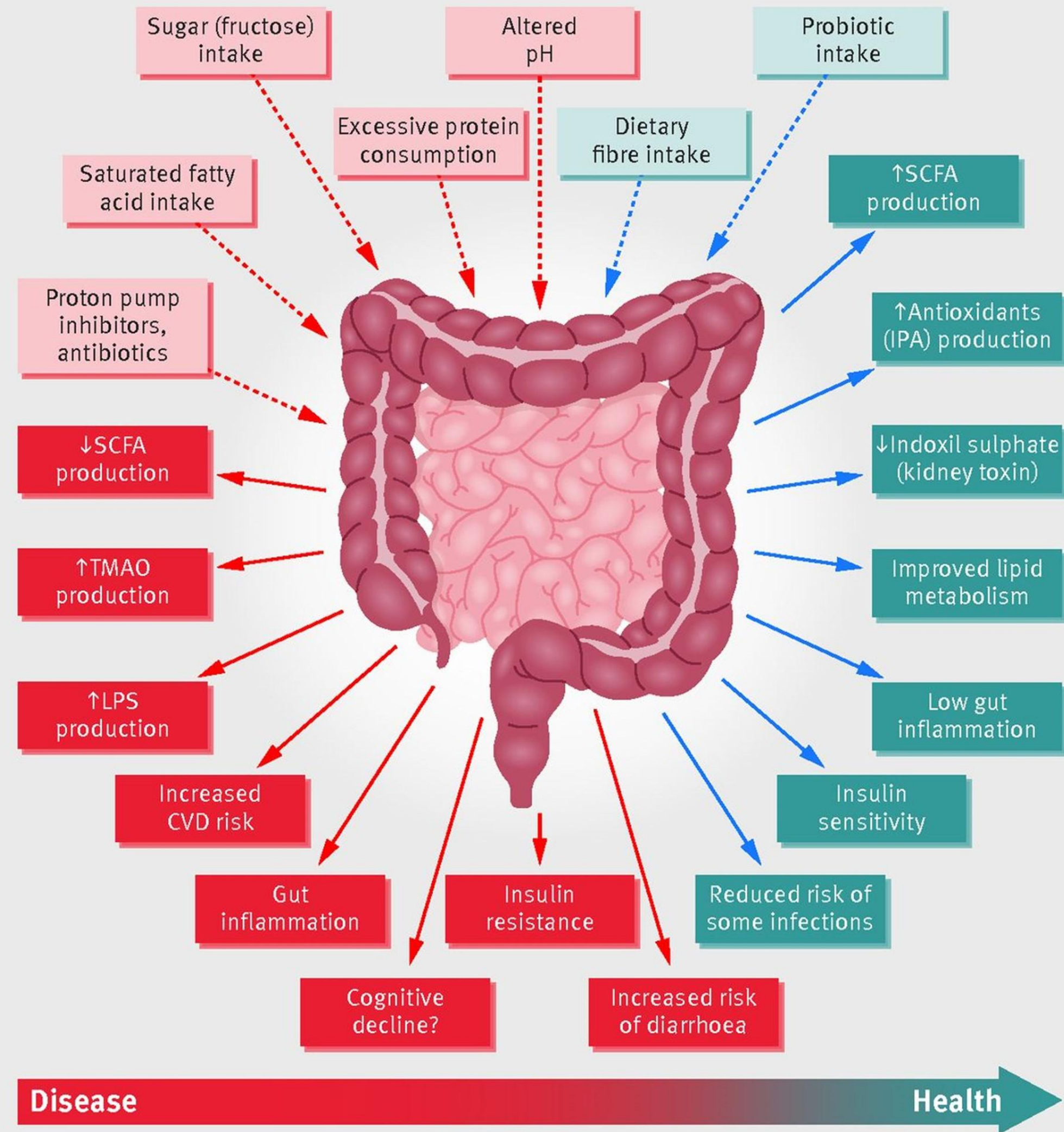
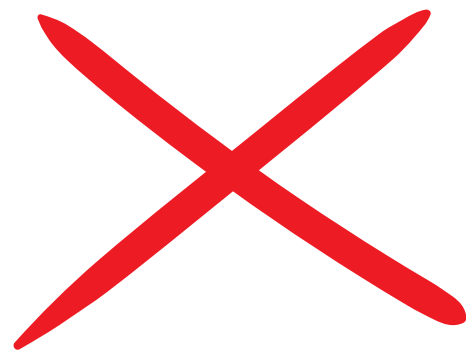
**RAMADAN FASTING = INTERMITTENT
FASTING**

ARE WE REAPING THE BENEFITS?

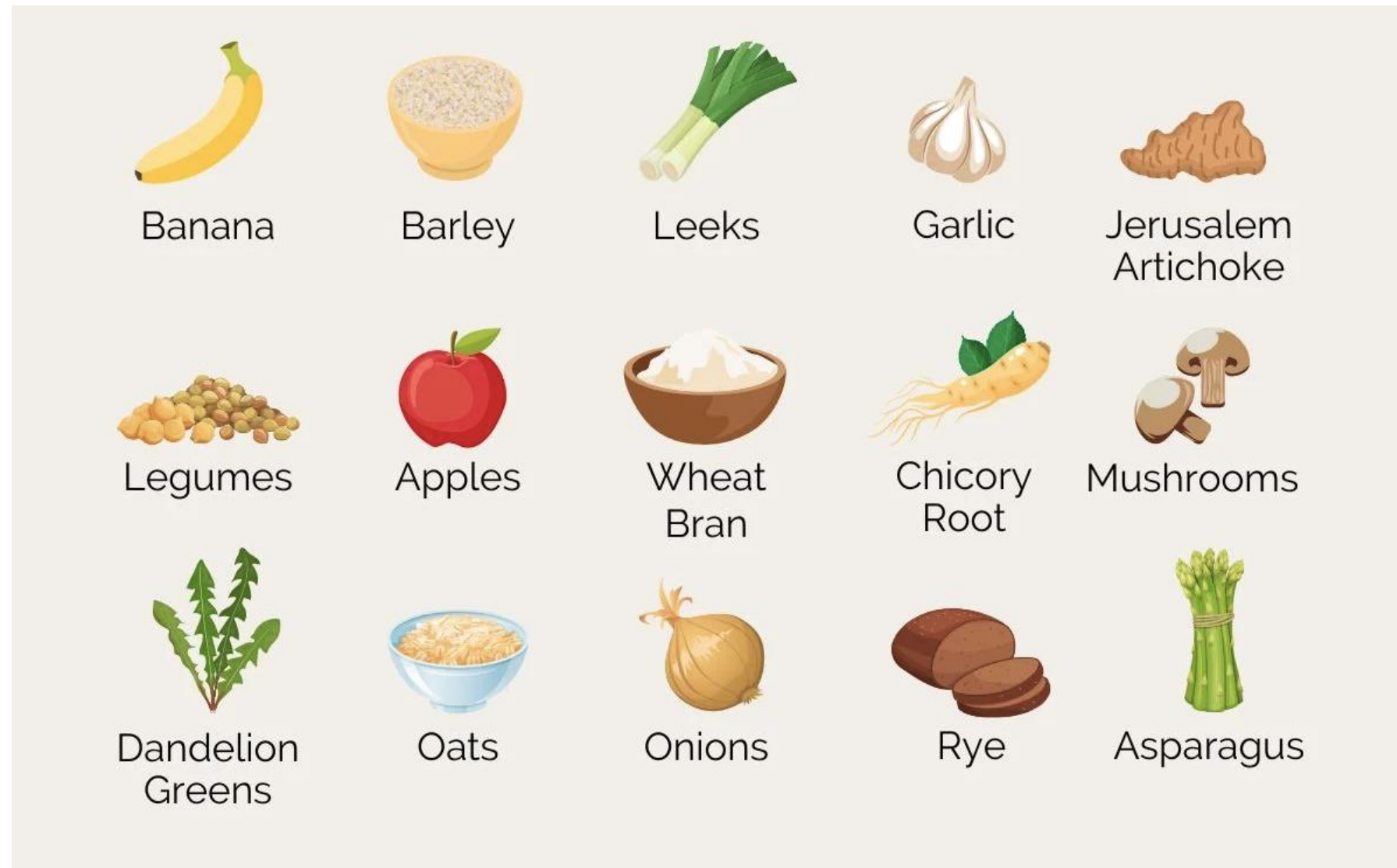
THE GUT







PREBIOTIC FOODS



Sunnah examples of prebiotic foods:

- Wholegrains (barley)
- Raw Honey
- Cucumbers
- Dates
- Figs

Eating a mostly vegetarian diet is higher in fibre and associated with better health outcomes.

PROBIOTIC FOODS



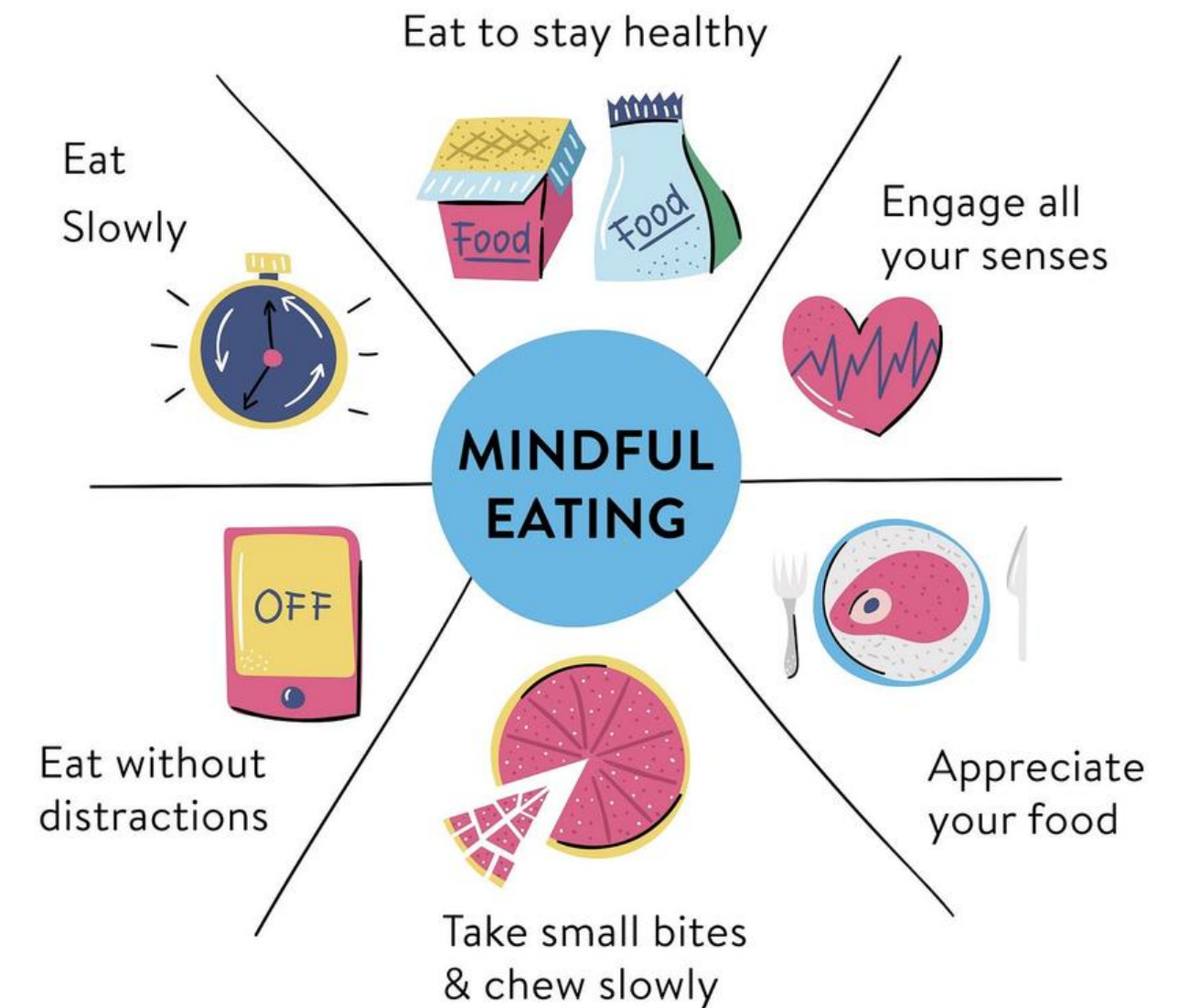
Sunnah examples of probiotic foods:

- Honey
- Milk
- Olives
- Fermented milk based drinks (Nabeedh)

EATING BEHAVIOURS

To eat mindfully is an act of Sunnah

- Eat with a teaspoon/three fingers
- Minimum 20 minutes to eat meals - engage fullness receptors
- Anas ibn Malik reported that when the Prophet ﷺ would eat, he would take multiple breaks while drinking to breathe explaining that he did it because that made the meal more enjoyable and it was also better for his health.

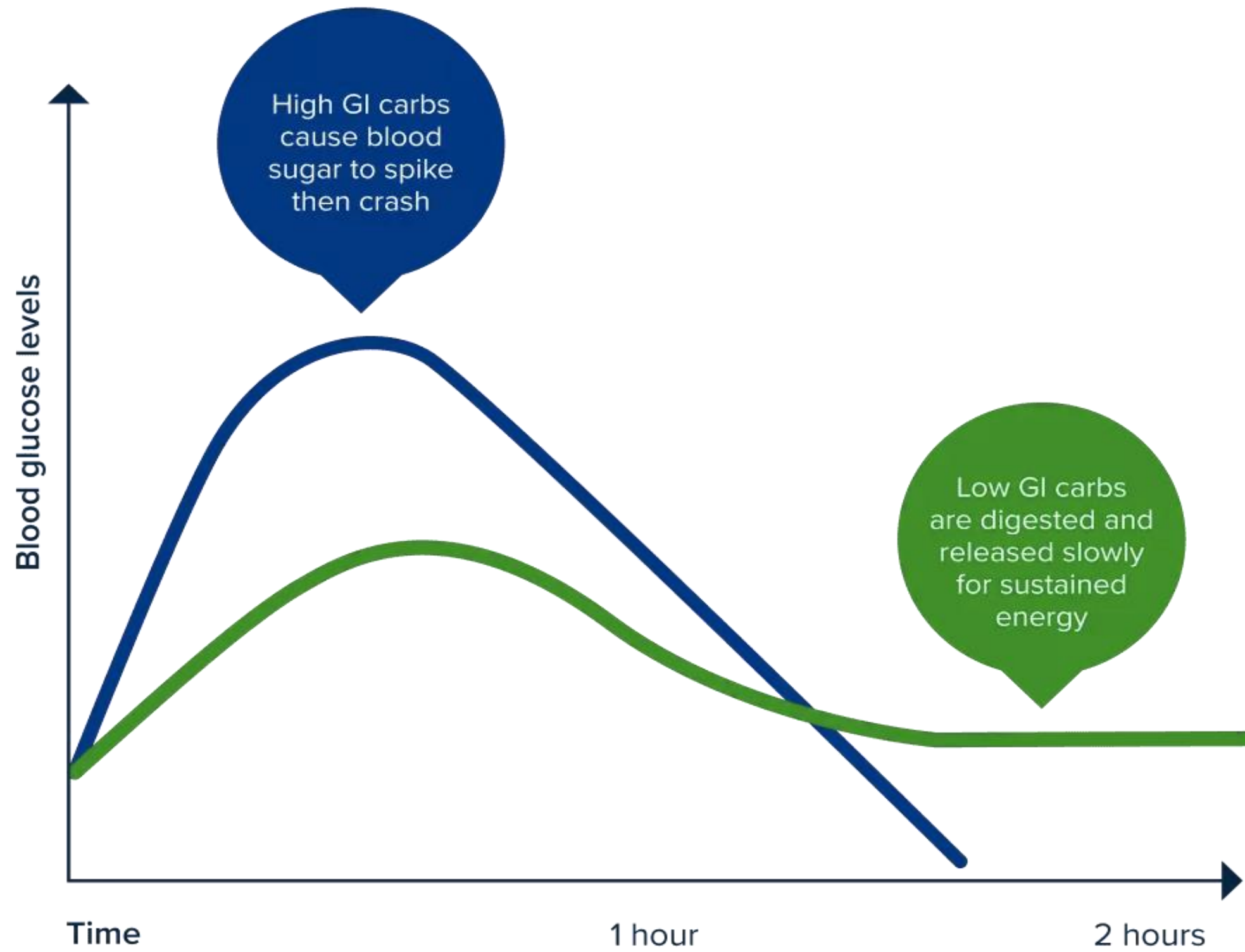


HOW TO BUILD A BALANCED SUHOOR

GOAL: FEEL FULLER FOR LONGER AND KEEP YOUR GUT HAPPY

- High protein foods
- Probiotic food
- Low GI carbohydrate/prebiotic foods
- Plan the night before
- Minimise caffeine and oily foods



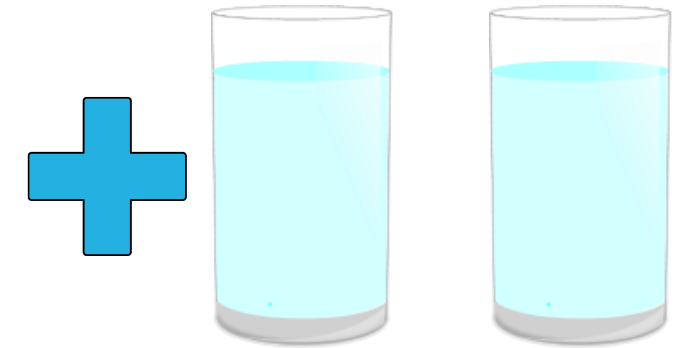


SUHOOR

SUHOOR



Suhoor Meal Ideas



1/3 cup of rolled oats + 1/2 cup of kefir or Greek yoghurt + 1 fruit of choice
+ 1 tbsp natural peanut butter and seeds



2 x wholegrain or high protein bread + 1/2 cup mushrooms/spinach
+ 2 scrambled eggs + zaatar/herb of choice

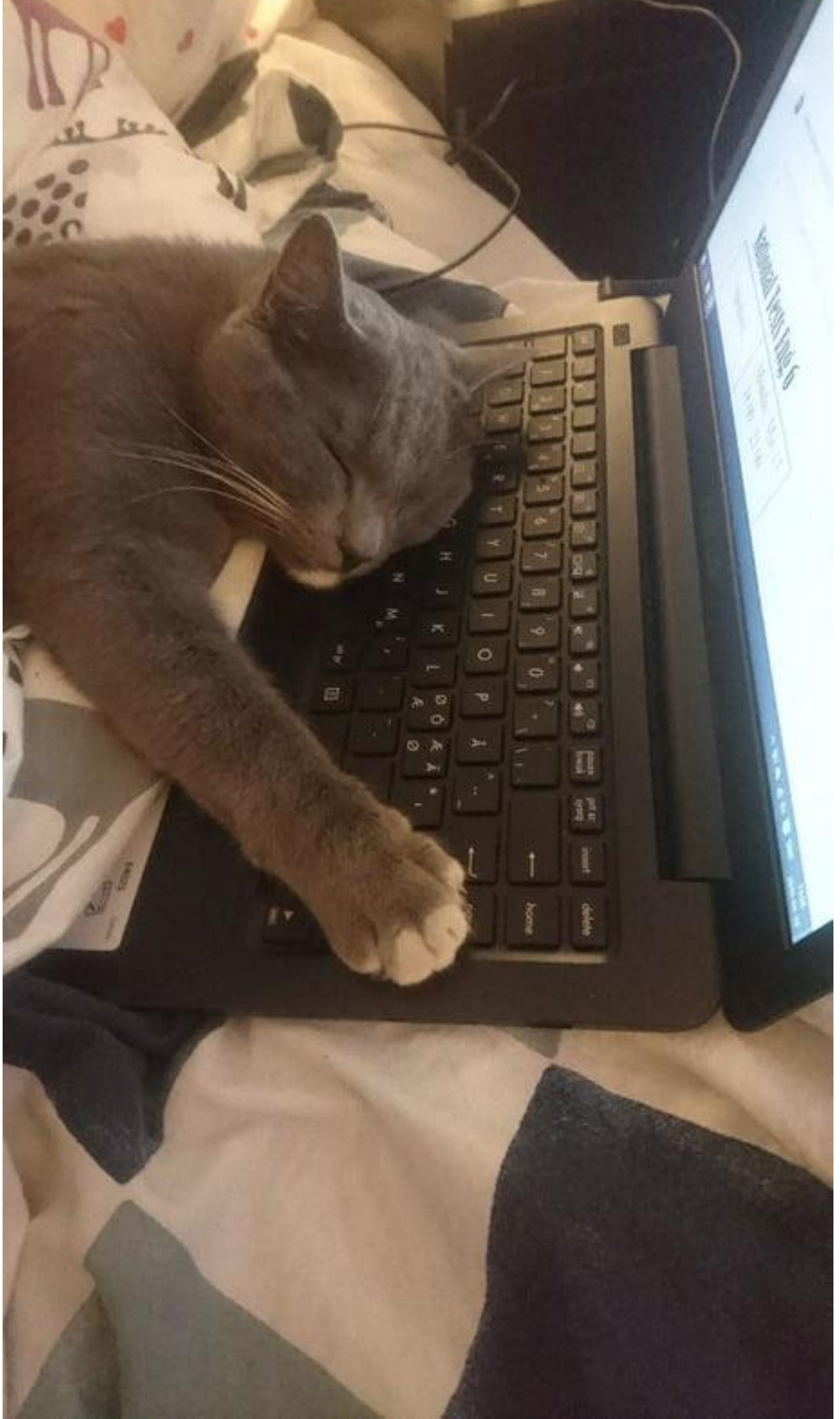


1/3 cup untoasted muesli or all bran, 1/2 cup high protein yoghurt, 1
piece fruit, 1 tbsp pepitas. (optional: mix protein powder)



1 whole wheat Roti with 1/2 cup chickpea curry or daal, a handful of
nuts (30g), cup of milk





HOW TO BUILD A BALANCED IFTAR

GOAL: BALANCE ENERGY AND PREVENT OVEREATING/GUT DISTURBANCE.



- Break your fast with dates and a small bowl of soup/fluid of some kind
 - Wait a minimum of 10 minutes go perform Maghrib*
 - Have your dinner meal after this
- Lentil soup/daal
 - Chicken corn soup
 - Hot and sour soup



DINNER MEAL

**foods from any culture
can fit this model (even
biryani)*

¼ of your plate lower GI carbohydrate

Portion:
Fist size



¼ of your plate lean protein

Portion:
Palm size



½ of your plate vegetables

Raw or cooked

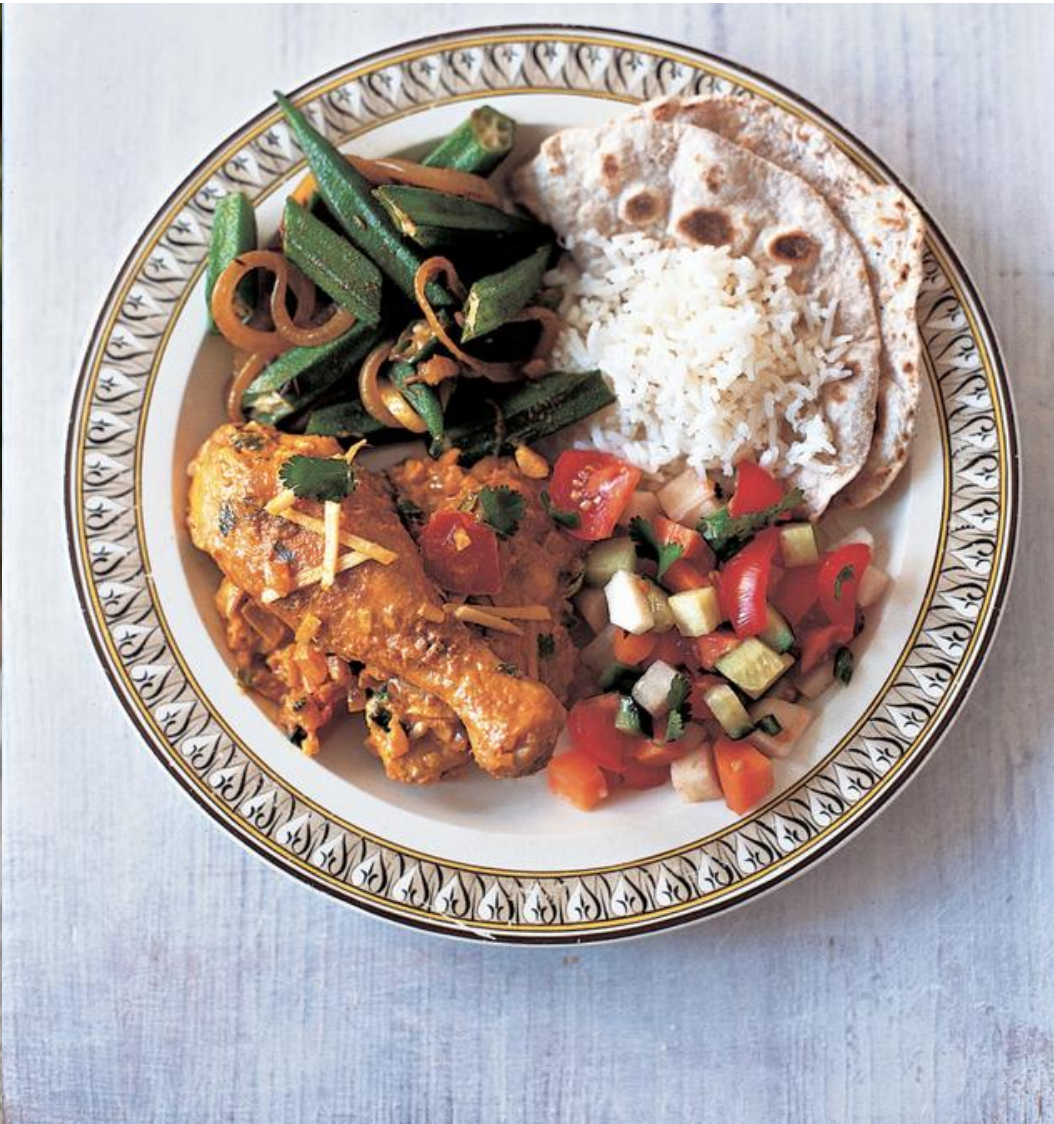
Portion:

2 open hands



Include small amounts of healthy fats


















HYDRATION

- Keep hydrated between sunset and dawn
- Keep a water bottle on you after iftar and during taraweeh.
- Minimise caffeinated drinks → decaffeinated swaps
- Water alternatives
 - Herbal teas (hot or iced - helpful for digestion and relaxation)
 - Coconut Water
 - Kombucha



BRING IT ALL TOGETHER!

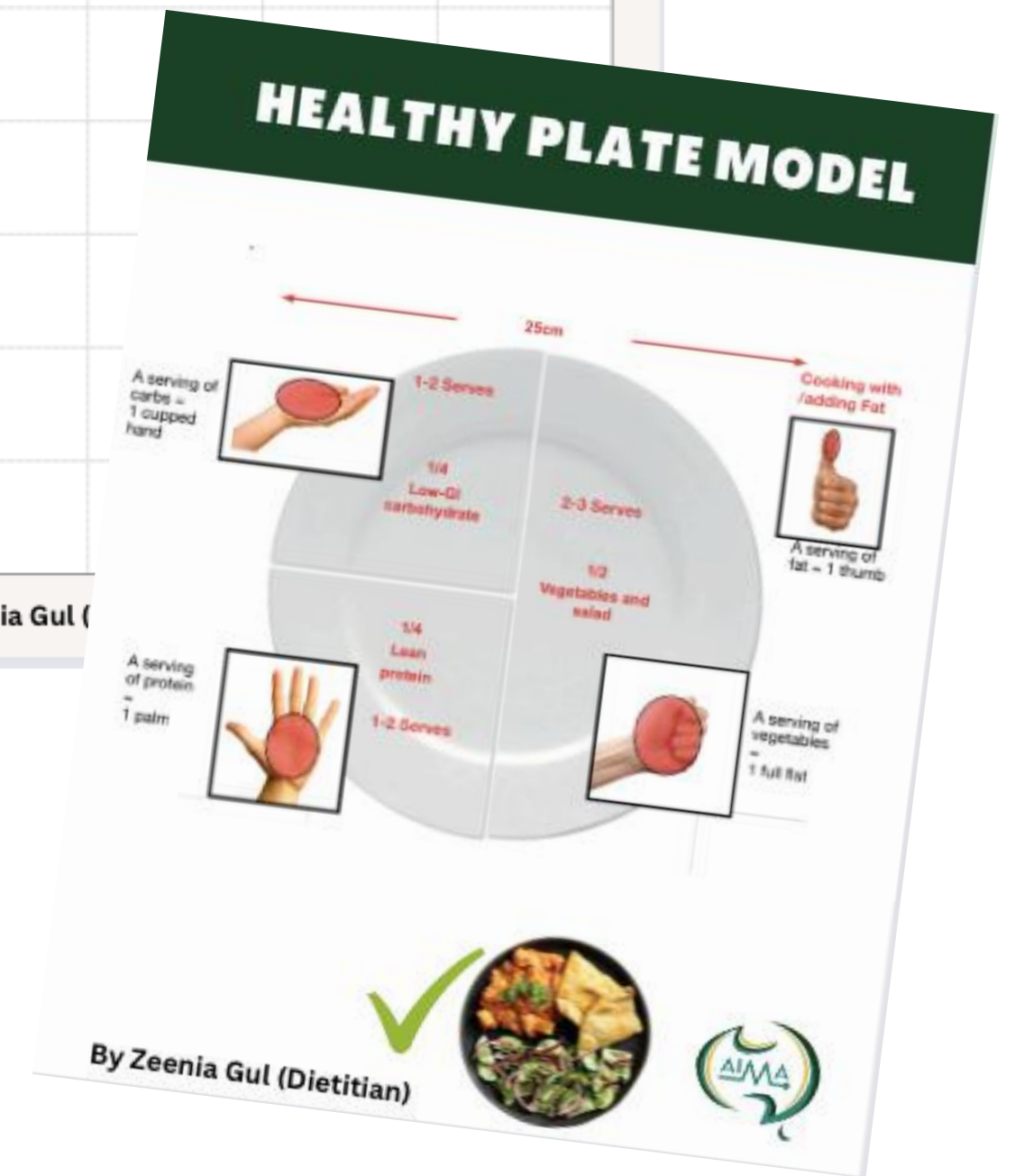
SUHOOR	IFTAR	DINNER (POST MAGHRIB)	AFTER DINNER/TARAWEEH
 	  	 	     

PLANNING IS KEY

RAMADAN MEAL PLANNER

	SUHOOR	IFTAR	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

By Zeenia Gul (Dietitian)



ARAB MEAL IDEAS

<i>IFTAR</i>	<i>Fatoush Salad with EVOO and Air-fried Pita Chips</i>
<i>DINNER</i>	<i>Grilled Salmon with Mujaddara (Lentils & Rice)</i>



WESTERN MEAL IDEAS

IFTAR	<i>Pumpkin Soup with Sourdough Bread</i>
DINNER	<i>Grilled Chicken with Mixed Grain Rice and Salad</i>



DESI MEAL IDEAS

<i>IFTAR</i>	<i>Chickpea Salad (Chana Chaat)</i>
<i>DINNER</i>	<i>Palak (Spinach) and Paneer Curry with Brown Basmati Rice</i>



THANK YOU

Please feel free to contact me at zeeniadietitian@hotmail.com for questions, additional resources or if you would like to organise referrals and/or appointments.

- [Low GI Resource](#) (*Diabetes Australia*)
- [Protein Resource](#)
- [Blank meal planner](#)
- [Snack ideas](#)