

Exercise care when fasting, diabetics urged

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PETALING JAYA: Muslims with diabetes and gastritis have been urged to take extra care during the fasting month.

Universiti Putra Malaysia lecturer Dr Barakatun Nisak Mohd Yusof said that it was important for Muslims to have a balanced diet especially during the pre-dawn (*sahur*) meal.

"A balanced diet consists of all types of food groups, including those high in fibre such as vegetables and fruits, an appropriate amount of carbohydrates as well as dairy products.

"Type 1 and 2 diabetic patients must manage their food intake to ensure a stable glucose level.

"They are encouraged to measure their food



intake to ensure they face no problem during the fasting month," she said recently.

It is equally important to drink an adequate amount of water, she said, adding that a person should at least take eight glasses of water per day to avoid dehydration.

"Those fasting should avoid carbonated drinks which are high in sugar and limit oily and fried food," Dr Barakatun advised.

National Heart Institute (IJN) chief dietitian Mary Easaw-John said that patients should consult their doctors and dietitians a month prior to fasting for information on adjusting their medicine schedule and intake.

She said that diabetic patients should monitor their sugar level throughout the day and break their fast if they realised their sugar level had dropped.

"They are also recommended to fast for a few days before Ramadan so their bodies can adjust," she added.

She said that one's diet should not differ too much during the fasting month.

"People tend to over indulge when they buy food at the Pasar Ramadan. Our body cannot take too much sugar at one go as it could cause stomach irritation," said Easaw-John.