

Muslim Celebrations

This guide is to provide you with some tips and suggestions so that you can still enjoy yourself while also maintaining a healthy balance.

Eid is the main festival celebrated by muslims around the world. The muslim calendar has 2 Eid celebrations:

Eid ul-Fitr

Eid-ul-Fitr celebrates the end of the Islamic holy month of Ramadan.

Eid ul-Adha

Eid ul Adha follows Hajj, the annual pilgrimage to Mecca.



With both Eid al-Fitr and Eid ul-Adha, the day consists of families and congregations coming together in the community. Most of the traditional foods eaten at these times can be enjoyed in moderation as part of a balanced diet. However, it's best to avoid large amounts of fruit juices (above 125mls) and sugary drinks, and replace with water or sugar free drinks.

Ramadan

Ramadan consists of two main meals: Suhoor (pre dawn meal) and Iftar (Meal after sunset). Traditionally the fast is broken at Iftar with the eating of dates and drinking water.



Fasting during the month of Ramadan is one of the five pillars of Islam and is obligatory for all adult muslims. During Ramadan, muslims do not eat and drink including water from dawn until sunset. Ramadan lasts for 29-30 days each year depending on the sighting of the moon.



Risks Associated With Fasting

There are three main risks associated with fasting for people with Type 2 diabetes

Hypoglycaemia (low blood glucose)

Fasting increases the risk of low blood glucose levels and having hypoglycaemia, commonly referred to as a hypo. The longer lengths of fasts at present in the uk will put people with diabetes at even higher risks of hypos.

Hyperglycaemia (high blood glucose)

Ramadan is not just about fasting and should be thought of as cycles of fasting and feasting. With the larger meals of Suhoor and Iftar, people with diabetes are at risk of high blood glucose levels.

Dehydration

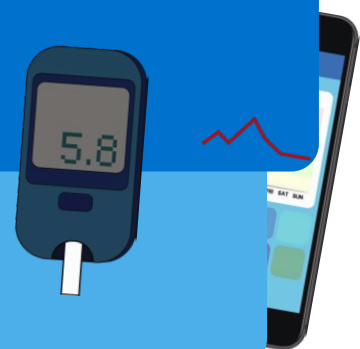
Dehydration and Thrombosis

The long hours of fasting also means long periods without water and puts people with diabetes at greater risk of dehydration.

How to Fast Safely When You Have Diabetes

Fasting can increase the risk of hypoglycaemia. You are more at risk if you are on medication which lowers your blood glucose level, such as insulin.

There are some people who might be asked to monitor their blood glucose using a blood glucose monitor or glucose sensor. Checking glucose levels can prevent hypo episodes and keep you safe if you decide to fast.



More information about the symptoms and management of hypoglycaemia and hyperglycaemia can be found [here](#). You can also get support from healthcare professionals or your diabetes team.

Top Tips For Festival Meals

The dawn meal (Suhoor) should contain a balance of whole grain sources of starchy carbohydrates as well as some protein and fat to help slow the digestion and help the feeling of fullness last as long as possible into the day.



While the Iftar meal is a celebration time, aim to not overeat.



Dates contain natural sugar and should be eaten in moderation (1-3 dates)

If you wish to fast, discuss a plan with your diabetes team.

Keep sensible portions in mind and follow the same guidelines for healthy eating that you do the rest of the year with an emphasis on whole grains, lean sources of meat, fish and poultry, small amounts of heart-healthy fats and limit added sugars.



Drink plenty of water and sugar-free drinks through out the evening (non fasting hours). Avoid caffeinated drinks such as fizzy drinks, tea and coffee.



Healthy Suhoor Options For Ramadan

Avocados with eggs (boiled, poached or omeletts) or salmon.

Plain Greek Yogurt with Blueberries and Cinnamon.

Ful Medames (a middle eastern breakfast dish made of lentils or fava beans).

Whole wheat toast with peanut butter or low fat hummus.



A small serving of apple slices with some peanut butter.



Whole wheat roti/ chapati, flatbread or slice of bread and eggs with 1-2 teaspoon of oil.

Get involved in traditions and help in making the food/snacks. You can learn about food and cooking skills.

Try new healthy recipes for celebration foods such as chicken or falafel wraps, cut up vegetables such as peppers, carrots or cucumber, and find other different ways to enjoy the day with your friends and family.



Activity and Lifestyle During Festive Periods

Children and young people should aim to be active for at least 60 minutes every day, including during festival periods. This will also help to reduce glucose levels and help insulin to work better.

**60
min+**

Tips To Increase Activity

Go for short brisk walks after you've had your iftar meal. Do a workout at home with weights or steps. Even doing chores is a good way to be active.



You could walk to and from the mosque with family members or friends.

During Ramadan - you might want to reduce the amount of high intensity exercise during the day, but can continue to be active by taking part in evening prayers.

Sleeping Well

Sleeping well is very important for general health and a good way to help keep your blood glucose levels steady.

Avoid caffeinated drinks before bed

Having a big meal close to bedtime may make you feel uncomfortable and you might find it difficult to sleep.

Switch off from screens a few hours before bed.

