

Ramadan Health Guide: A Guide to Healthy Fasting

Department of Health

This booklet is aimed at helping to understand the health issues related to fasting, to help people make more informed choices, minimize complications and maximize the benefit of the fast.

The booklet gives a guide through the physiological changes that occur during fasting, gives examples of beneficial and harmful foods during fasting, discusses potential medical problems and remedies, suggests a diet plan, and responds to the most frequently asked questions about fasting in general and medical issues in particular.

The booklet also contains a section for doctors and medical professionals, to enable them to provide more informed services.

The booklet can be downloaded from:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_078409