

# RAMADAN, ADOLESCENCE, AND IRON DEFICIENCY

## Learning Objectives

- 01

Objective

Healthcare professionals will be able to recall the culinary obligations of Ramadan and those exempted from fasting
- 02

Objective

Healthcare professionals will be able to create iron-rich meals for fasting adolescents during Ramadan to prevent iron deficiency

Ramadan

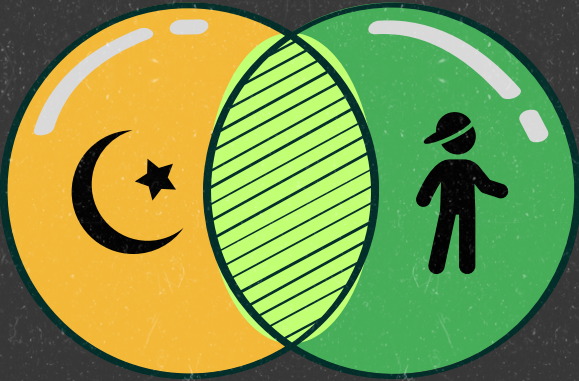
Adolescence

For Muslims, Ramadan is an incredibly sacred month.

Fast from pre-dawn until sunset for 29-30 days, varying from 11-16 hours depending on the season.

Dates or water are the only traditional Ramadan culinary customs.

The sick, travelers, pregnant or nursing women, the elderly and infirm are exempted



Adolescence is called the second decade of life (10-19 years of age)

Adolescents are more nutritionally vulnerable due to higher dietary needs.

Many adolescents are consuming unbalanced diets, which can restrict their mineral intake and bioavailability, leading to iron deficiency.


## Proper Tips for Healthcare Professionals

01

Education and Cultural Awareness

Sensitivity and cultural competence in required. Working together with adolescents and their families, you can verify that any proposed dietary modification complies with the individual's cultural and religious beliefs.

Muslims are prohibited from certain foods due to religious reasons, such as pork, alcohol, carrion, carnivore meat, and animals not sacrificed in the name of God.



02


Nutrition & Activity Interventions

Healthcare practitioners can assist adolescents in dealing with the nutritional needs during Ramadan by providing meal and physical activity interventions.

Complex-carbohydrates like lentils and brown rice, protein foods like poultry, fish, and eggs, and healthy fats like avocados, olives, and nuts are all slow-releasing energy foods that give satiety.

Incorporating water, juices, and other fluid in meal plans for non-fasting hours, can prevent dehydration.

Integrate moderate intensity physical activity, and adequate sleep and rest.



03

Counter Iron Deficiency Risk

Ensuring adequate iron intake is particularly important, as iron deficiency is a common concern among this population.

Iron-rich foods like liver, fish, eggplant, and spinach etc. can be incorporated into adolescent meals. They can open fast with dates as that are rich in iron. Vitamin C foods e.g., citrus fruits, broccoli, and tomatoes etc. will help with iron absorption. Soft drinks and caffeine can be substituted for those that don't hinder iron absorption

