

# PROSPAN®



Cough medicine

With the full power of ivy.

## Cough Relief During RAMADAN



# RAMADAN

The holy month of Ramadan, the 9<sup>th</sup> month of the Islamic Calendar, is a special time for spirituality and prayers. Families get together to break their fast in the presence of cherished company. The emphasis of the evenings is always on reflection, prayer, and charity. By connecting with others and helping those in need, Muslims exhibit a form of faith, peace and gratitude in Ramadan. In addition to the abstinence from eating and drinking from dawn till dusk, Ramadan is known for its unique lifestyle and practiced traditions around the world, especially in the Middle East. Prospan® created this comprehensive guide to first tell you about the interesting traditions that people in different countries partake in during Ramadan and second, to help you make more informed choices, minimize complications and maximize the benefit of your fast.

\*The word "Ramadan" comes from the Arabic root word for "parched thirst" and "sun-baked ground."

As visits among family and friends increase during Ramadan, the risk of exposure to germs and catching a disease or infection also increases. It is important to take extra care of your health and maintain good hygiene to minimize the risks of getting sick.

## Prospan® in Ramadan

A cough is annoying enough on a regular day. Imagine having a cough while fasting! Luckily enough, you may still use Prospan® for cough relief during Ramadan. The only adjustment you will need to make will be the dosage time for it to suit the fasting hours.



AFTER IFTAR



BEFORE SUHOOR



BEFORE SLEEP

## Rituals of Ramadan

The month of Ramadan is known for its unique rituals and traditions, some of which have been around for hundreds of years and remain present until today. These may vary from country to country and across different cultures. However, they all distinguishably contribute to making Ramadan a special and sacred month with an atmosphere filled with spirituality, love, and kindness.

# Ramadan Traditions from around the world



### Firing of the Cannon

Historically, when there were no loudspeakers or technology to tell time, the rising and the setting of the sun were signaled by the firing of a cannon to notify observers when to break the fast. Today, this tradition is followed as merely a symbolic gesture across the Middle East.



### Lighting the "Fanous"

With the arrival of Ramadan, the streets and house entrances are decorated with Ramadan's Fanous, or lanterns adding glistening beauty and spirituality to this month. The Fanous, with its diverse designs and colours, became an aesthetic part of the Arab and Islamic folklore and tradition.



### The Ramadan Drummer

The Mesaharaty walks at the break of dawn through the streets while playing a drum and singing holy songs to wake people up for the final meal before the fast begins. This tradition continues to this day in most Middle Eastern countries.



### Playing Al Siniya

In Kirkuk, Iraq, people gather with their friends and families after iftar to play a folk game called 'Al Siniya', meaning tray in Arabic. This game challenges the memory and intelligence of its players who gather around the table and attempt to find the hidden dice under one of the several overturned copper cups on the tray.



### Garangao

Garangao, a famous celebration in the Gulf, is traditionally held on the 14th day of Ramadan where children are rewarded for fasting half way through the holy month. During Garangao, after the sunset prayer, children dress up in their traditional clothes and knock on every door in their neighborhood. They collect sweets and nuts in decorated bags hanging from their necks and wander in the evening while singing the special Garangao song.



### Washing away sins

Before Ramadan begins, Muslims in Indonesia go to wells and springs that they believe contain holy water. They wash and immerse themselves in it to cleanse themselves spiritually and physically prior to the holy month. This ritual is widespread in some parts of Indonesia and is known as 'Padusan'.

## Your Nutrition in Ramadan

The diet you follow during Ramadan should be simple and not very different from your normal everyday diet. It is important to include foods from all major food groups.

### Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

### Foods commonly consumed by Prophet Mohammed (peace be upon him)



Milk



Dates



Lamb/mutton



Oats

### Healthy foods mentioned in the Holy Qur'an



Olives



Onions



Cucumber



Figs



Dates



Grapes

## Refer to some more tips regarding your nutrition in Ramadan:

- Drink plenty of water, no less than 8 cups per day.
- Remain conscious of what and how much you are eating by avoiding large amounts of appetizers and sweets.
- Drink soup before the main course to prepare the stomach for food after a day of fasting.
- Resort to nutrient rich dates, dried fruit, and unsalted nuts to sustain your body during fasting hours
- Avoid heavily-processed, fast-burning foods that contain refined carbohydrates in the form of sugar, white flour, etc., as well as too much fatty food (e.g. cakes, biscuits, chocolates and sweets).
- Eat complex carbohydrates to release energy slowly during the long hours of fasting (Found in grains and seeds, like barley, wheat, oats, millets, semolina, beans, lentils, wholemeal flour, rice, etc)
- Avoid caffeinated drinks such as tea, coffee and cola as caffeine is a diuretic and stimulates faster water loss through urination.
- Consume Ramadan drinks, like Amar Al Din, tamarind, lemon, and orange in moderation. While having a revitalizing effect, they are high in calorie count.
- Eat a light meal before sleep, typically consisting of a cup of low-fat yoghurt, some brown bread, low fat cheese, and a small amount of nuts and dried fruit. Your Iftar meal is not enough to supply your body's daily nutritional needs.
- If you quickly get full during Iftar and cannot finish your meal, postpone the main course till after maghrib prayer to prevent an upset stomach after a long day of fasting.
- Avoid sleeping after Iftar, especially after a large meal which causes you to feel drowsy and lazy.

Note: It is important to recognize and consider the amount of food wastage that takes place during Ramadan. It is often the case when there is a lack of planning in regards to the meal quantities that are purchased/prepared/cooked. Thus, it is important to raise awareness in order to avoid significant amounts of foods going to waste, especially since it is a month that praises gratitude and humility.

# Make Better Choices

## Foods to avoid

Deep-fried foods  
(Samosas, Fried Dumplings)

High-sugar and high-fat foods,  
such as Baklava.

High-fat cooked foods and oily  
foods like greasy pastries.

## Cooking methods to avoid

Deep frying

Frying

Cooking with excessive  
amounts of oil

## Healthy Alternatives

Baked samosas  
and boiled dumplings.

Milk-based sweets  
and puddings.

Try to make pastry at home  
and use a single layer.

## Alternative cooking methods

Shallow frying

Grilling or baking is healthier  
and helps retain the taste and  
original flavor of the food,  
especially chicken and fish.

Start measuring the amount of oil  
used and reduce it gradually. This  
is a good way to reduce oil usage  
without noticing much difference  
in the taste.



## Possible Health Risks and Complications



### Dehydration in Ramadan

Dehydration is a common risk during Ramadan, especially when fasting hours are long and the weather is hot.

#### Avoid dehydration by:

- 1- Reducing the amount of salt and seasoning in your Iftar meals
- 2- Staying away from sugary and fizzy drinks and drinking natural juice instead. Orange juice is especially beneficial for your health during Ramadan
- 3- Avoiding tedious tasks that require a lot of physical energy.
- 4- Reducing the amount of sun exposure.



### Heartburn (indigestion)

The thought of food or the smell of it makes the brain order the stomach to produce more acid. Hence if there is a net increase in acid, heartburn could be a problem. If you are already on regular medication for indigestion, it is advisable to continue taking them.

#### You may aid the control of heartburn or belching by:

1. Eating in moderation
2. Avoiding oily, deep-fried or very spicy food
3. Reducing your caffeine intake
4. Stopping smoking if applicable
5. Sleeping while raising your head on a few pillows



### Headache:

Headaches during a fast could commonly be due to dehydration or hunger, inadequate rest, or the absence of addictive substances such as caffeine or nicotine.

#### Prevent or reduce the risk of developing a disabling headache by:

1. Following a moderate and balanced diet, especially not missing the pre-dawn meal
2. Consuming adequate quantities of fluid
3. Taking a dose of painkillers such as paracetamol if necessary
4. Wearing sunglasses and a hat when outdoors and avoiding exposure to direct sunlight
5. Relieving any tense muscles with a short, gentle massage.

\*See a doctor if your disabling headache persists.



## Constipation and Stomach Gases

Constipation may be an extremely irritating problem for someone undertaking a fast.

**Maintain a healthy digestive system by:**

1. Drinking sufficient amounts of liquid
2. Consuming fruits and vegetables regularly
3. Increasing the fiber content of your food (Fiber rich foods include bran, cereals, whole wheat, grains and seeds, potatoes with the skin, vegetables such as green beans and almost all fruit, including apricots, prunes, figs, etc.)
4. Remaining active to keep your bowel motions regular.
5. Incorporating herbs such as anise and chamomile in your diet .

## How to Cope with other Health Issues during Ramadan

If you suffer from one of these health issues, consult your doctor if you are planning to fast.



**-Diabetes and elevated blood pressure:** Stay away from salty, seasoned, and spicy food. Avoid sugary foods like sweets and soda.



**-High blood cholesterol:** Focus on foods that are rich with fibers and can dissolve in water, such as legumes, vegetables, and fruits.



**-Heart disease:** Fresh fruits and vegetables should be a part of your everyday meals and are best eaten as snacks between Iftar and Suhoor.

We hope that you found our guide to be useful and encourage you to incorporate what you have read in this guide throughout the holy month of Ramadan to make the most of your fasting.

Prospan® wishes you a

# Ramadan

# M u b a r a k

filled with divine blessings, peace and harmony.