

Have Gastritis?

How to plan your Ramadan meals for better health

For people living with gastritis or peptic ulcer disease, Ramadan fasting can require extra care. Common causes of this ailment include bacterial infection, smoking, long-term use of painkillers, overeating, and frequent consumption of spicy, fatty, or acidic foods.

Symptoms often include stomach pain, heartburn, bloating, burping, acid reflux, and a burning or aching sensation in the upper abdomen. These symptoms tend to worsen when the stomach remains empty for long hours, making fasting during Ramadan particularly challenging for some individuals.

What to consider during fasting

Whether a person with gastritis or an ulcer can fast during Ramadan depends on the severity of the condition. Skipping meals, especially sehri, can significantly increase stomach acidity and should be avoided.

Sehri should include slow-digesting carbohydrates to help sustain energy and reduce gastric irritation during fasting hours. If appetite is low, light but nourishing foods

such as milk, dates, and sufficient water are recommended.

Tea and other caffeinated beverages at sehri should be avoided, as they increase urine output and lead to loss of essential mineral salts, potentially worsening dehydration and acidity.

Breaking the fast gently

Breaking the fast gently helps prevent a sudden surge in stomach acid. Dates and water are commonly used to break the fast and are generally well tolerated. Soups or mild fruit-based drinks can also help ease digestion.

Meals at Iftar should be balanced and moderate, including carbohydrates, protein, fruits, and vegetables. Fried, spicy, salty, and sugary foods should be avoided, as they can aggravate gastritis symptoms and cause discomfort.

Things to avoid

Fasting can increase stomach acidity, making certain foods especially problematic for

GASTRITIS SYMPTOMS



people with gastritis. These include fried, greasy, and fatty foods, spicy and acidic foods, and citrus fruits such as lemons, limes, oranges, and grapefruits. Moreover, processed and canned foods, particularly tomato-based products, foods high in sugar and refined carbohydrates, can cause significant discomfort.

Smoking is strongly linked to gastritis and peptic ulcer disease, and Ramadan offers an opportunity to quit and reduce further irritation to the stomach lining.

Foods that are better tolerated

Some foods like dates and bananas are gentler on the stomach and may help reduce discomfort, as they are easy to digest, rich in potassium and provide energy along with fibre and minerals. Furthermore, almonds can be a good source of protein.

Oven-grilled or baked foods instead of fried items should also be taken into account. Eating smaller portions and avoiding overeating at both sehri and iftar

are key to keeping symptoms under control.

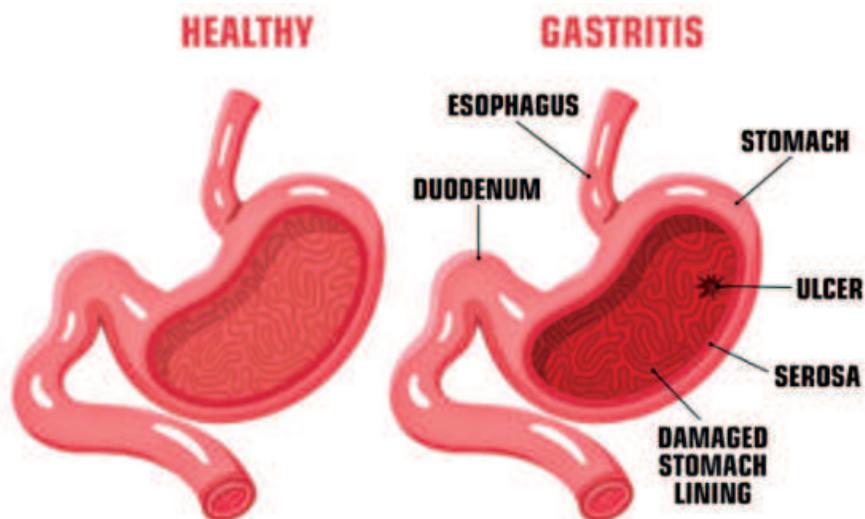
Importance of hydration and medication

Adequate hydration between Iftar and night-time is important to help the body regulate fluid levels during the next fasting day. Water and non-acidic drinks are preferable. Prescribed medications for gastritis or ulcers should be taken as advised by a physician, usually at sehri.

Observing Ramadan with comfort

While fasting is obligatory for Muslims during Ramadan, those with gastritis or peptic ulcers must be especially mindful of their eating habits. A diet that is mild, balanced, and low in spice, fat, and acidity, combined with moderation, hydration, and proper meal timing, can help ease symptoms and allow the holy month to be observed with greater comfort and care.

— LS Desk
Photo: Collected



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বদলে দিলে যে আমায়...

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