
Healthy Ramadan Fasting Improves Lifestyle and Wellbeing, Says Qatar Health Expert



Published on February 19, 2026

Document Date: Thu, Feb 19 2026 07:13:43 pm

Category: , English, Qatar - , Snippets

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Doha, February 19 (QNA) – Fasting during the holy month of Ramadan offers a valuable opportunity to reset lifestyle habits and improve both physical and mental health, according to Qatar's Ministry of Public Health.

Acting Head of Health Education at the Ministry, Hind Al Tamimi, told Qatar News Agency (QNA) that Ramadan can help regulate blood sugar, support weight management, and enhance digestive

health when healthy practices are followed.

She emphasized the importance of adequate sleep, recommending seven to nine hours nightly for adults to maintain concentration, regulate appetite hormones, and prevent fatigue. Disrupted sleep during Ramadan, she noted, often leads to exhaustion and increased intake of sugars and stimulants.

Al Tamimi said abstaining from smoking during fasting hours presents a real opportunity to quit permanently, with rapid benefits including improved lung function, lower blood pressure, and reduced risks of heart disease and cancer.

Moderate physical activity such as brisk walking for at least 150 minutes weekly, along with muscle-strengthening exercises twice a week, was also advised. The best time for exercise is about two hours after iftar or well before suhoor, while intense workouts during fasting hours should be avoided to prevent dehydration.

On nutrition, she recommended drinking eight to twelve cups of water between iftar and suhoor and eating water-rich fruits and vegetables. Iftar should begin with three dates and water, followed by salad and a balanced meal containing whole grains, lean protein, and healthy fats to stabilize blood sugar and prevent lethargy.

A light snack of fruits, vegetables, unsalted nuts, and low-fat milk between meals can provide

nutrients without excess calories. She also urged limiting fried, salty, and processed foods, as well as added sugars, to reduce thirst during fasting hours.

Al Tamimi stressed that a wholesome suhoor with slow-digesting carbohydrates, protein, fruits, vegetables, and sufficient water prolongs satiety and stabilizes blood sugar. She further advised preparing traditional sweets with less sugar and lower-fat ingredients to maintain healthier fasting habits.