

[Home](#)

Ramadan followers should have low fat, high protein-carbohydrate diet

Submitted by Mohit Joshi on Sat, 09/06/2008 - 09:18. [Health Update](#) [United States](#)

Washington, September 6 : Studying 30 students at the University of Granada who follow Ramadan, nutritionists have come to the conclusion that the body's nutritional requirements during the ritual can be fulfilled by consuming diets low in fat and rich in proteins and carbohydrates.

Carried out in the departments of Nutrition and Bromatology and Chemistry-Physics of the university, the study revealed that macronutrient consumption levels in this period are not appropriate when compared with the reference recommendations.

The researchers say that the number of daily ingestions drops to two or three, with regard to the four or five ingestions of the rest of the population in this period.

They have found that because of the diet, corporal fat increases and muscular mass falls.

The students involved in the study were all aged between 19 and 27, and the studied population included 36 per cent women and 64 per cent men.

Findings from this population were compared with those from a control population group, made up by thirty university volunteers who did not follow the Ramadan.

The feeding of those who followed Ramadan suffered an increase of lipid ingestion, which involved 48 per cent of total energy, against the recommended 30 per cent, by decreasing proteins, which represented nine per cent of the total energy, against the recommended 15 per cent, and a decrease of carbohydrates to 43 per cent, against the 50-60 per cent recommended.

The researchers insist that their work shows that it is possible to prevent an unbalanced diet during the Ramadan period.

Based on their observations, they have proposed a diet in which fat has been reduced and proteins and carbohydrates increased, according to the daily needs of this young population group.

The study has been published in the journals 'European journal of lipid science and technology', 'Nutrition', 'Analytical Chimica Acta' and 'Journal of nutrition'. (ANI)

[Online Stock Trading](#)
Trade stocks online with no fees free charts, Free Demo Account
www.gcitrading.com/shar

[Want To Be A Millionaire?](#)
I Made \$16,858 in 24Hrs! Huge Forex Gains While You Sleep
www.ForexAutopilot.com

[Stock Market Winners](#)
Learn techniques from the current World Record Holder in the market.
www.chartpattern.com

[Stocks Ready To Soar](#)
Hot News Alert, Huge Profits 1000%+ Stock Near Explosive Breakout Point
www.otcstockexchange.com

Similar entries

[Aussies turning in droves to alternative therapies](#)
[Low-carb diets thwart diabetes better than low-fat diets](#)
[Eating rice increases type 2 diabetes risk in women](#)
[Greeks eating more and more red meat](#)
[Locusts may help explain obesity problem in humans](#)
[Healthy Mediterranean diet is dying out at home, UN expert says](#)
[Why diet plans promote weight loss](#)
[Number of smoking New Zealanders at record low](#)
[Nearly half of all Cypriots are overweight, study finds](#)
[Low fat diets more likely to reduce heart disease risk than low-carb diets](#)

Poll

Do you believe in Health Research reports?:

- ☐ Yes! they are true
☐ No, they seem fake
☐ They contradict each other

All-time popular content

[New Zealand authorities warn against buying drugs on internet](#)
[Sensory treatment more beneficial for autistic children](#)
[Small tumours linked to higher likelihood of surviving pancreatic cancer](#)
[Depression may boost Alzheimer's risk: Study](#)
[Conjoined twin dies seven years after 97-hour separation surgery](#)

[more](#)

Search

Sections

[Home](#)
[Featured Stories](#)
[TopNews Main](#)
[Entertainment News](#)
[Sports News](#)
[Legal News](#)

About TopNews

[Editor's Choice](#)
[Print Edition Previews](#)
[Contact Information](#)
[Editorial Policy](#)
[Privacy Policy](#)

Navigation

[Directory](#)
[Recent posts](#)

User login

Username: *

Password: *

[Create new account](#)
[Request new password](#)

Who's new

Ed Parmar
shailendrauser
feshan
sachin
sexophone2008

Syndicate



Find Your Vietnamese Beauty Today!

[Browse Photos Now!](#)

JOIN FREE!

VietnamCupid.com

www.VietnamCupid.com

Ads by Google

» [Login](#) or [register](#) to post comments

Join Friends on TopNews



[Gianna Campbell](#)

21 years old

Gianna is from St. Louis, Missouri, United States.

Likes to Study Coursework and Read Technology News