

Researchers at the University of Granada have found that people tend to get too much fat and not enough [protein and carbohydrates](#) during Ramadan. The study followed university students taking part in Ramadan and compared their macronutrient consumption to recommendations and people who weren't following the fast.

On average the fasters consumed 48 percent of their calories from fat, much more than the recommended 30 percent. They got only 9 percent of their energy from protein and 43 percent from carbohydrates. The normal recommendations are about 15 percent protein and 50 to 60 percent carbs, according to researchers.

They said people need to be informed of what a healthier diet looks like and be given information on how to pack healthier meals into the nighttime hours.

In case you were wondering, not all Muslims are required to fast. Children, pregnant women and diabetics who use insulin are exempt from the obligation.

(By Sarah E. White for CalorieLab Calorie Counter News)

 [Subscribe to our RSS feed](#) | [Weekly e-mail updates](#) | [Comment link below](#)

#### **Treat Obesity**

Treat Obesity fast with this simple herbal formula.  
Obesotab.com

#### **10 Skinny Rules**

I lost 9 Pounds in 11 days, just by following these 10 simple rules.  
www.FatLoss4idiots.com

#### **Get The Slim Habit**

Make permanent weight loss reality Say goodbye to diets forever!  
www.SlimHabit.com



on Yahoo!

Related posts from the CalorieLab Calorie Counter News archives:

- [Nibbles: Obesity costs Australia big, obesity in elderly will tax services, and diet patches for Ramadan](#)
- [Nibbles: FTC goes after book, lycopene no guarantee of prostate health](#)
- [Eating for two](#)
- [Diet success: not just \*what\* you eat, but \*how\*](#)
- [Dealing with picky eaters: Advice for moms](#)

This entry was posted on Friday, September 12th, 2008 and is filed under [Diet Tips](#), [Food miscellaneous](#), [Holidays and seasons](#). You can skip to the end and leave a response. Pinging is currently not allowed. [Permalink](#).

**Comment here: We'd love to hear your thoughts!**

Name (required)

Mail (will not be published) (required)

Website

*Share your thoughts & experiences  
by leaving a comment!*

## • Monthly Archives

- [September 2008](#)
- [August 2008](#)
- [July 2008](#)
- [June 2008](#)
- [May 2008](#)

- [April 2008](#)
- [March 2008](#)
- [February 2008](#)
- [January 2008](#)
- [December 2007](#)
- [November 2007](#)
- [October 2007](#)
- [September 2007](#)
- [August 2007](#)
- [July 2007](#)
- [June 2007](#)
- [May 2007](#)
- [April 2007](#)
- [March 2007](#)
- [February 2007](#)
- [January 2007](#)
- [December 2006](#)
- [November 2006](#)
- [October 2006](#)
- [September 2006](#)
- [August 2006](#)
- [July 2006](#)
- [June 2006](#)
- [May 2006](#)
- [April 2006](#)
- [March 2006](#)
- [February 2006](#)
- [January 2006](#)
- [December 2005](#)
- [November 2005](#)
- [October 2005](#)
- [September 2005](#)
- [August 2005](#)
- [July 2005](#)
- [June 2005](#)
- [May 2005](#)
- [April 2004](#)
- [December 2003](#)

## • Categories

- [Bariatric surgery](#)
- [Beverages](#)
- [Biggest Loser](#)
- [Body mass index](#)
- [Calorie restriction and antiaging](#)
- [Celebrities and politicians](#)
- [Celebrity Diets](#)
- [Celebrity Weight Loss Secrets](#)
- [Childhood obesity](#)
- [Competitive eating](#)
- [Consumer watchdogs](#)
- [Cooking at home](#)
- [Costs of being obese](#)
- [Detox and Fasting Diets](#)
- [Diabetes](#)
- [Diet and food industry](#)
- [Diet and food media](#)
- [Diet Blog](#)
- [Diet books and authors](#)
- [Diet Christmas carols](#)
- [Diet foods](#)
- [Diet guinea pig](#)
- [Diet humor and wit](#)
- [Diet pills, drugs, supplements and devices](#)
- [Diet programs](#)
- [Diet scams and myths](#)
- [Diet Tips](#)
- [Diet TV this week](#)
- [Diets and weight loss programs](#)
- [Disney food and obesity news](#)
- [Dr. J will see you now](#)
- [Dr. Slimbozo's Gizmos and Gadgets](#)
- [Eating disorders, anorexia & bulimia nervosa](#)
- [Erik Sansom](#)
- [Exercise and fitness](#)
- [Fast food and restaurants](#)
- [Fertility and diet](#)
- [Food dangers](#)
- [Food miscellaneous](#)