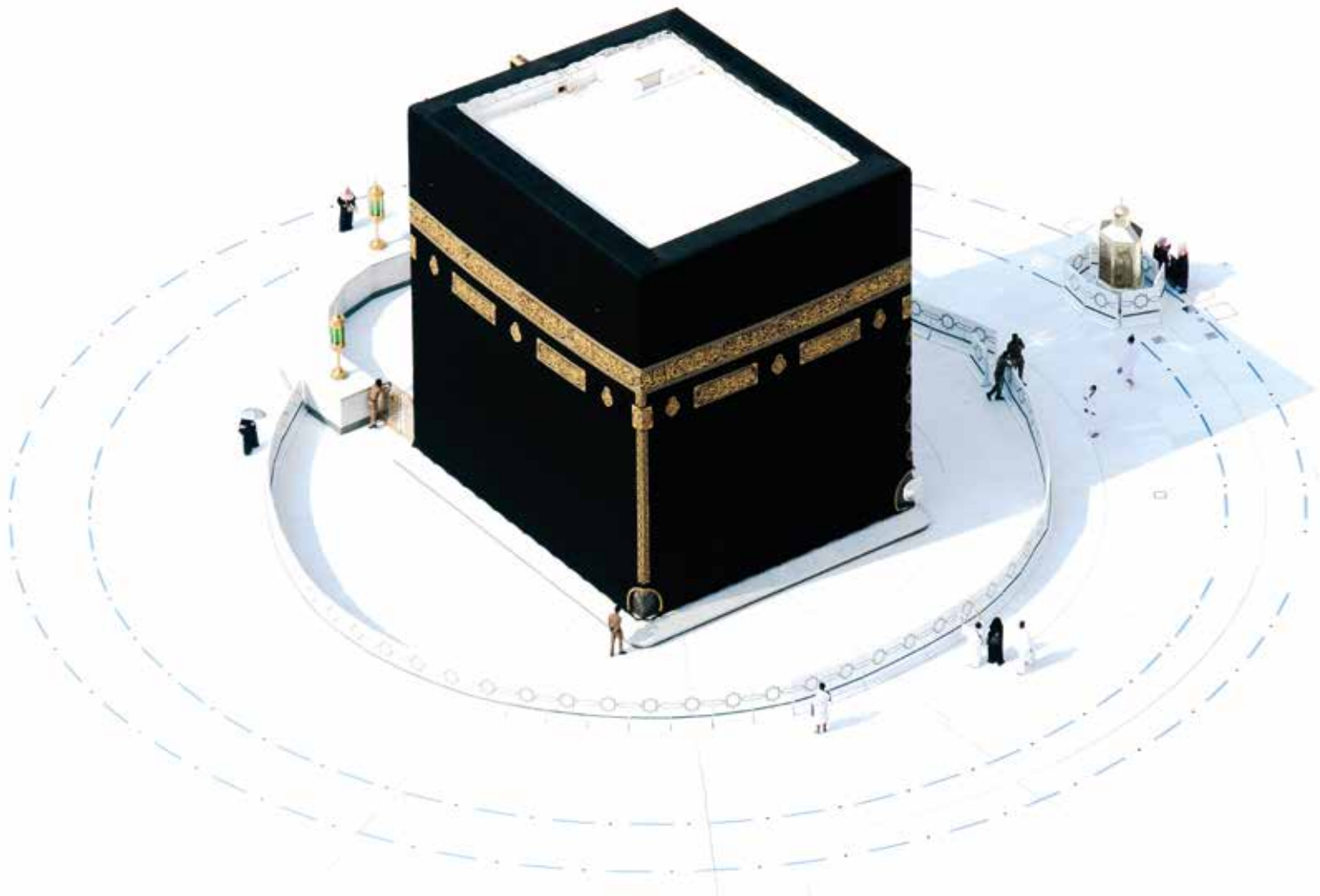


Food Tips for Pilgrims during the Hajj pilgrimage





Important tips:



Eating in moderation to avoid feeling full and bloated.



Avoid fatty and fried foods.



Do not eat foods that cause bloating, such as radishes, and onions, etc.



Eat enough fruits and vegetables (up to five servings a day) because of the high-fiber content that prevents constipation.

Additionally, fruits and vegetables are full of vitamins and boost the body's immunity to protect it against diseases.



Important tips:



Read food labels on food products to know their nutritional facts/information.



Drink enough fluids, especially water, to replace the fluids lost during Hajj.



Avoid drinking soft drinks because they contain high amounts of sugars.



Do not use any stimulants such as tea and coffee because they cause dehydration and extreme thirst.

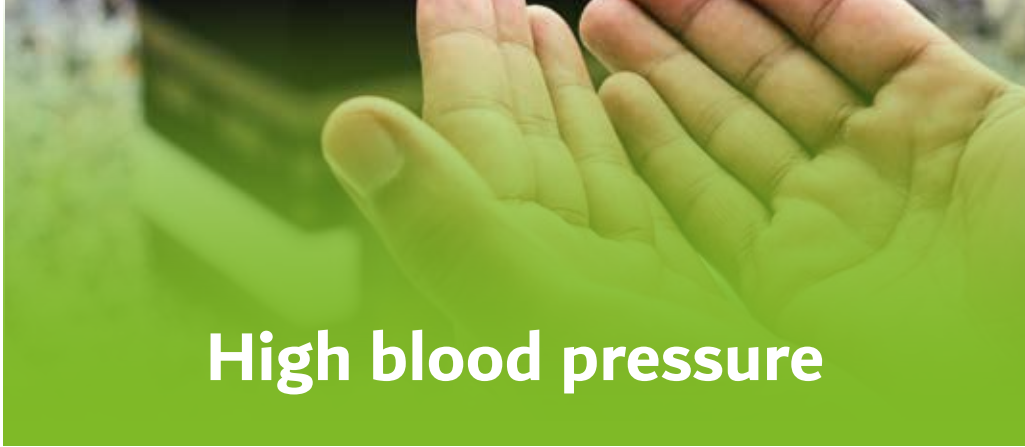


Eat honey and unsalted nuts to provide the body with energy and minerals to boost immunity.



Healthy food for certain medical conditions during the period of Hajj

You should consult a doctor before traveling. It is also preferable to consult a nutritionist to know the diet that must be followed during Hajj.

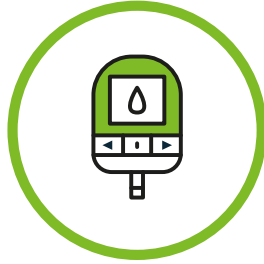


A blood pressure patient should:

- Reduce salt intake and high sodium foods in general.
- Reduce/avoid unhealthy fats and fatty foods.
- Consume vegetables, fruits, and dairy products - moderate amounts of whole grains, skimmed meats, poultry, fish, and unsalted nuts.
- Take medication regularly to ensure that blood pressure is controlled.



Diabetes



A balanced diet is essential for a person with diabetes. It is very important for pilgrims with diabetes to follow a healthy diet, especially in Hajj, because they require more mental and muscular activity.

A person with diabetes should:

- Reduce sugar and fat intake.
- Consume enough vegetables, fruits, and dietary fiber.
- Drink lots of water.
- They must ensure that they are healthy before they travel for Hajj and they must take all their medication and blood sugar monitor kit when traveling for Hajj.
- Get proper rest.
- Carry sugar or sweets while performing Hajj to avoid symptoms associated with hypoglycemia if it occurs.



Kidney disease

Pilgrims with kidney disease must adhere to a special diet and medications prescribed. For example, pilgrims who suffer from kidney stones have to drink enough fluids, especially water. However, in cases of kidney failure with comorbidities such as high blood pressure, diabetes or heart disease, the individual should consult a doctor to follow the proper instructions.



Heart disease

Pilgrims must ensure undergo a medical examination in advance to know whether they are healthy enough to undertake the pilgrimage. They are advised to avoid stress, reduce fats and intake of salty foods. They should eat vegetables, fruits, dietary fiber and drink enough water.



Gastroenterology



Gastrointestinal patients are advised to eat low-fat/fat-free foods such as boiled, grilled and steamed foods. They should not add spices and hot sauces. They should avoid eating foods that cause stomach irritation and discomfort.

There are many causes of gastrointestinal disease:

- Malnutrition
- Virus infection.
- Food poisoning.
- Allergy to certain foods.
- Complications resulting from some medications.
- Low intake of dietary fiber



Nutritional advice for pilgrims to avoid food poisoning and disease transmission:

The rules of food safety must be observed to avoid food poisoning during the Hajj period by:

- Do not leave foods open as it can cause bacterial growth on the food and the possibility of food poisoning.
- Ensure the cleanliness and safety of food before eating it.
- Wash vegetables and fruits well.
- Cook the food well.
- Wash hands with soap and water, especially before meals.
- Ensure the validity of food products.
- Keep foods at the appropriate temperatures.
- Avoid eating foods that are exposed to dust and insects.

Most Hajj campaigns have a general doctor; consult with the practitioner if any problem occurs.