

PREVIEW_ Ali Irshad Al Lawati - Interview 3 (Low carb in mid-east)
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Ivor Cummins: It occurs to me actually Ramadan and the fasting. So how that integrates with the low-carb approach? Does it give advantages, challenges or--?

Dr. Ali Irshad Al Lawati: It's funny that you mentioned this. On a low-carbohydrate diet appetite reduces a lot and so this automatically makes fasting much, much easier. So I had patients who have come up to me saying, "Ramadan is coming, what do we do?" I said, "Do low-carb." "But what do we eat?" "Eat low-carb."

So when they actually do this, they have very good energy levels throughout the day. One of the problems in Ramadan in the Middle East, in the Arab world specifically, is that they indulge in very high carbohydrate foods at breakfast, when they break their fast. So this poses as challenge, not a challenge.

But then again we have these low-carb dessert recipes, low-carb foods that can replace these. And when they actually do it they come up to me and go like, "Oh, it was so easy this Ramadan. I don't feel hungry." So it makes Ramadan a very, very easy month to go through.