

## Dr M: Hard to abstain from favourite food

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**PUTRAJAYA:** For Tun Dr Mahathir Mohamad, Ramadan means a time to abstain from anything that is bad and to cultivate greater self-discipline.

But when it comes to food, the former prime minister finds it a little hard to restrain himself.

“What I like to do is to go out and buy food that I should not eat. I am not supposed to eat all the things that I buy and sometimes people even give me food,” he said.

After spending the day in the office, either at the Petronas Twin Towers in Kuala Lumpur or at the Perdana Leadership Foundation here, he usually makes a trip to the popular Ramadan bazaar in Kampung Baru or the one in Putrajaya to buy *putu piring* and *cucur udang*.

During the weekends, he drops by the bazaars in Kampung Datuk Keramat and Bangsar and picks up additional food as family members break fast with him and his wife Tun Dr Siti Hasmah.

Even during his days as prime minister, Dr Mahathir was a regular at the Ramadan bazaars around the Klang Valley and he now meets up with the traders to renew his acquaintanceship with them. On a more serious note, Dr Mahathir said the fasting month was not just for performing one's *ibadah* (religious obligations).

“It is something that is good in terms of mental training, and also has physical benefits,” he added. Despite his stepping down as prime minister, invitations for *buka puasa* functions have continued to arrive in an endless stream, thus time with his family is limited.

“I get many invitations to *buka puasa* with a lot of people. I would need more than a month if I were to accept all of them,” said Dr Mahathir.



*Dr Mahathir:  
Enjoys having  
'putu piring' and  
'cucur udang' for  
his buka puasa  
meals*