



Managing Diabetes During Ramadan

If you have Diabetes it is highly recommended that you avoid fasting to prevent abnormal blood glucose levels and the complications that they produce.

Self Monitoring Blood Glucose:

- Check your blood glucose regularly during fasting hours. This will not break your fast.
- If your blood sugar is:
below 4mmol
or
above 10mmol
then you should consider breaking your fast for that day.
- Avoid fasting on days when you feel sick.

If you do choose to fast, this handout will provide you with some general tips on how to better manage your Diabetes while fasting.

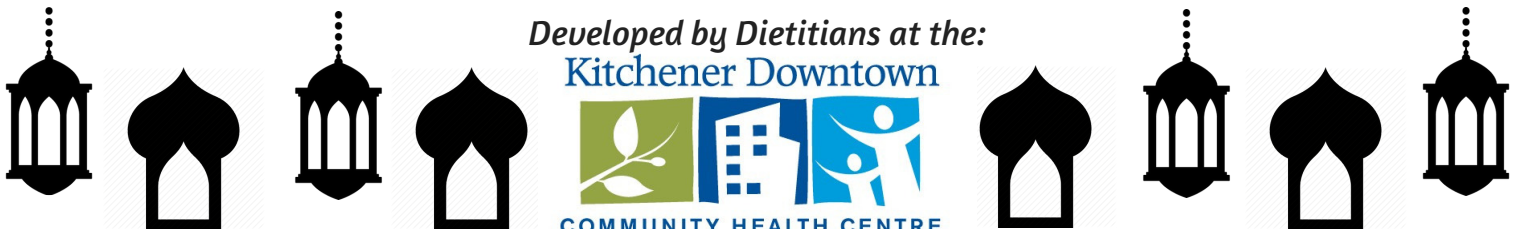
Speak with your medical doctor or healthcare practitioner for more individual advice and information.

Exercise:

Normal levels of physical activity can be maintained. Excess physical activity should be avoided. Exercising in the late afternoon before breaking the fast leads to the highest risk of a low blood sugar, therefore it is best to exercise after breaking the fast.

Medications:

You may need to make some changes to your medications during Ramadan. Speak to your doctor or diabetes nurse about your medications.



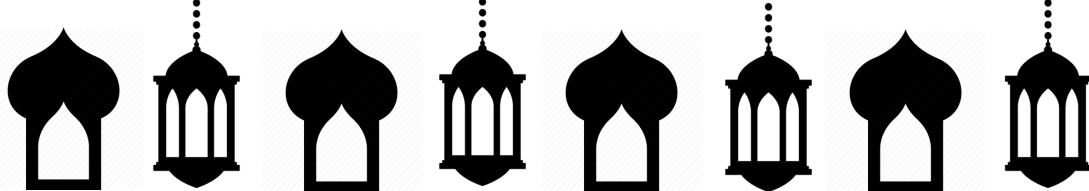
Developed by Dietitians at the:

Kitchener Downtown



COMMUNITY HEALTH CENTRE

Diet:



Limit :

Deep Fried Foods such as Samosas or Dumplings, High- sugar/ High Fat Foods such as Baklawa, Deep Frying, Frying & Curries with Excessive Oil.

Choose:

Whole Grains, Complex Carbohydrates, Fibre Rich Foods, Unsaturated Fats, Lean Protein Rich Foods, & Milk Based Sweets/ Puddings for Dessert.

Use:

Low Fat Cooking Methods such as Shallow Frying, Grilling & Baking.

Hydration:

Increase your intake of fluids during non- fasting hours by sipping on sugar free beverages such as water and sugar free coffee/tea to prevent dehydration. If you would like a sweet drink then use a sweetener such as Splenda or Sugar Twin.

Sample Ramadan Menu for People Living With Diabetes

Pre- Dawn Breakfast (Suhoor):

- Fruit: 1 Medium Apple or ½ Mango or 1 Orange
- Starch: ½ cup Oatmeal & 2 Slices Whole Wheat Toast or 1 Whole Wheat Pita & ½ Potato Bhujia or 1 Whole Wheat Pita & ½ cup Fool Midammis
- Protein: 1 Boiled Egg or 2 Egg Omelet & 1 oz feta cheese
- Fat: 1 tsp Margarine or 1 tsp Olive Oil or 1 tsp Olive Oil & 2 Black Olives
- Milk: 1 cup Skim Milk or 1 cup Laban

Post- Sunset Ending the Fast:

- Fruit: 1 Large Date
- Starch: 3 Small Vanilla Wafers or ½ cup Chana Chaat or 1/3 cup Hummus
- Milk: 1 cup Skim Milk or 1 cup Laban

Dinner (Iftar):

- Protein: 3oz Roast Beef or 3oz Bhuna Gosht or 3oz Tikka Kebab
- Starch: 1 Small Baked Potato & 1 Whole Wheat Dinner Roll or 1/3 cup Daal & 1 Whole Wheat Chapati or 1/3 cup Lentil Soup & 1 Whole Wheat Pita
- Veg: 1 cup Tossed Salad & ½ cup Steamed Broccoli or 1 cup Sliced Raw Vegetables & ½ cup Bhindi Bhujia or ½ cup Tomato & Onion and ½ cup Cooked Cauliflower
- Fat: 2 tsp Low Fat Sour Cream or 1 tsp Oil (used in cooking)
- Fruit: 1 Small Banana or 15 Small Grapes or 1 Medium Apple

Bedtime Snack:

- Fruit/ Starch: 3 Graham Crackers or 1 Small Banana
- Milk: 1 cup Skim Milk or 1 cup Laban

Distributing calories over three to four smaller meals during the non fasting interval – rather than eating one big meal – may help to prevent excessive high blood sugar after you eat.