

Healthy Eating Guide during Ramadan

Ramadan is a month of fasting and abstaining from things considered to be impure for the mind and body. All healthy adult Muslims are expected to fast from sunrise to sunset during the month of Ramadan.

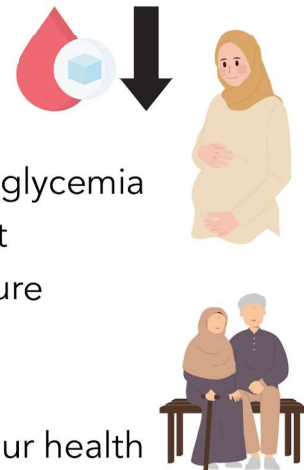
Preparing for Ramadan

Discuss with your healthcare team before Ramadan. If you have diabetes, your doctor may have to adjust your diabetes medications. Do not adjust or stop your medications without consulting your doctor.



Fasting is not advised if you have/are:

- Poorly controlled diabetes
- Frequent hypoglycemia (low blood sugar)
- Recent admission for diabetic ketoacidosis or hypoglycemia
- Serious complications such as kidney disease, heart problems, stroke or uncontrolled high blood pressure
- Pregnant or breastfeeding
- Frail and elderly
- Ill to the extent that fasting will negatively affect your health



Some signs to break your fast:

- Low blood sugar < 4.0 mmol/L (e.g. sweating, fast heartbeat, tremors, confusion, dizziness or extreme hunger)
- Severe dehydration (e.g. dizziness, confusion)



Healthy Eating Tips during Ramadan:

1. Ensure intake of Sahur (pre-dawn meal)

Sahur meal is the primary source of fuel for the day. Skipping Sahur prolongs the fasting period between meals. Fasting for too long can make you feel tired, hungry and thirsty during the day, and cause you to eat too much during Iftar. You can take your Sahur meal as late as possible to minimise the hours of fasting.



2. Keep a healthy balanced Iftar (break fast meal)

Iftar should be a well-balanced, nutritious meal and not a feast. Overeating can lead to unhealthy weight gain and spikes in blood sugar levels.



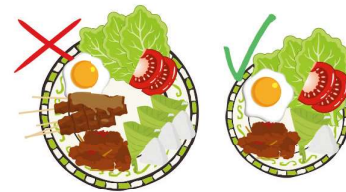
Here are some tips to help manage your diet when you break fast:



Eat slowly and
chew your food
well



Drink a glass of water
before your meal to keep
yourself partially full



Fill up a smaller plate
and avoid a second
serving



Prioritise foods such as
vegetables and protein over
carbohydrates during meals



Share your meals with family
and friends

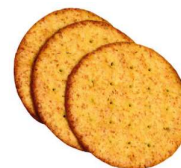
If required, you may have an optional light snack (Moreh or mini Iftar). Here are some recommended food choices and portions:

Consume only one type of snack each time

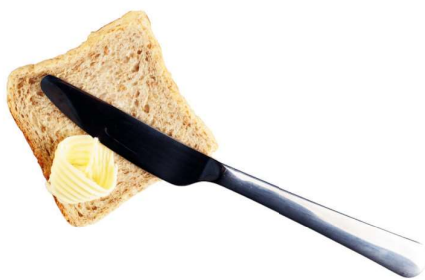
Raya snacks & desserts need to be eaten in moderation as most are high in fat and sugar.



1-3 pieces of kurma (dates)



3 pieces of wholegrain crackers



1 slice of bread with thin spread of soft margarine



1 small handful of unsalted, non-fried nuts



1 serving of fruit



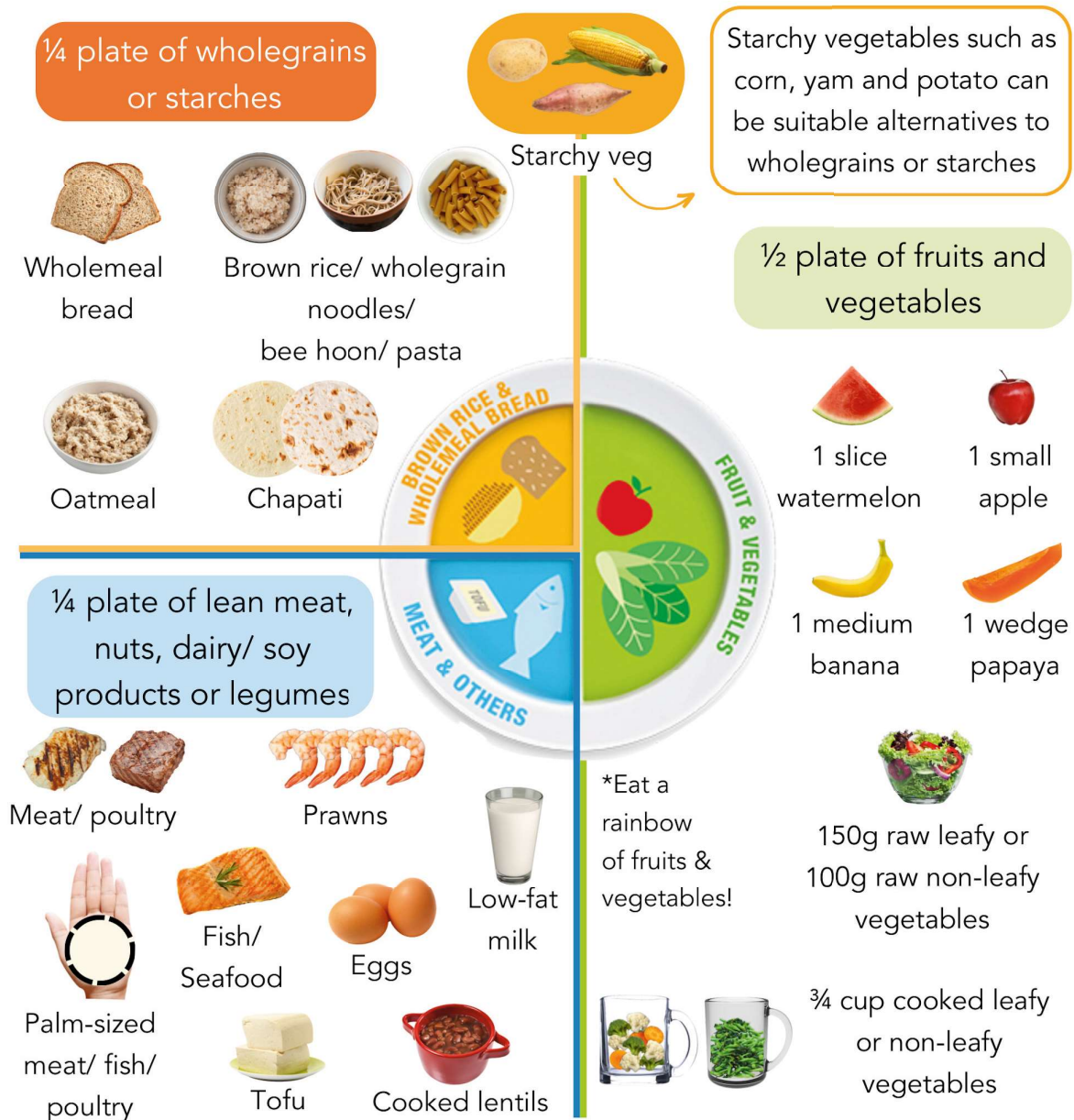
1 cup low fat milk or reduced sugar soymilk



2 pieces of kuih raya
(e.g. kuih bangkit, tat nanas, Dahlia cookies)

3. Use My Healthy Plate to plan a well-balanced meal

My Healthy Plate is a visual guide created by the Health Promotion Board to help you achieve a healthy and nutritionally-balanced diet.



My Healthy Plate reproduced from <https://www.healthhub.sg> with permission by Health Promotion Board, Singapore

Practice healthier cooking methods
(e.g. stir-frying, sautéing, in soup, roasting or steaming)



4. Stay well hydrated

Aim to drink at least 8 glasses of water each day unless advised otherwise (e.g. if you have a fluid restriction). We advise having 2 glasses of water in the morning before fasting and 6 glasses during non-fasting hours.

Here are some additional tips to help prevent dehydration:



Limit caffeinated drinks (e.g. coffee, tea, soft drinks)



Avoid high sodium or preserved foods to prevent extreme thirst and dehydration



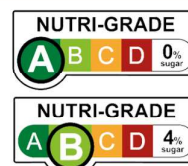
Eat foods with high water content like fruits and vegetables. Go for fresh fruits over preserved ones!



Opt for “Kosong” when buying drinks from vendors



Choose drinks labelled with “Sugar-Free”, “Lower in Sugar” Healthier Choice Symbols, or with NutriGrade A or B.



Nutri-Grade Mark Variants - Measures for Nutri-Grade Beverages reproduced from <https://hpb.gov.sg> with permission by Health Promotion Board, Singapore



Choose a small serving of dessert and share it with your family or friends!



Avoid strenuous activities during fasted state

Note: Kindly speak to your dietitian for further advice if you are not eating well, and/or require oral nutrition supplements

Contributed by Nutrition & Dietetics Service, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of March 2024 and subject to revision without prior notice.



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