

Ramadan, Fasting and Diabetes

By Racha Zarzour, RD, CDE

April 7th, 2017
Ottawa





During Ramadan...



THE CLIENT





Risk Avoidance during Ramadan

Potential risks associated with prolonged fasting for people living with diabetes:



DKA



Health issues during Ramadan

1. Large meals at iftar
2. Significant amounts of highly processed carbohydrates
3. Eating desserts loaded with sugar
4. Large and frequent snacks
5. Eating at a fast speed





Health issues during Ramadan

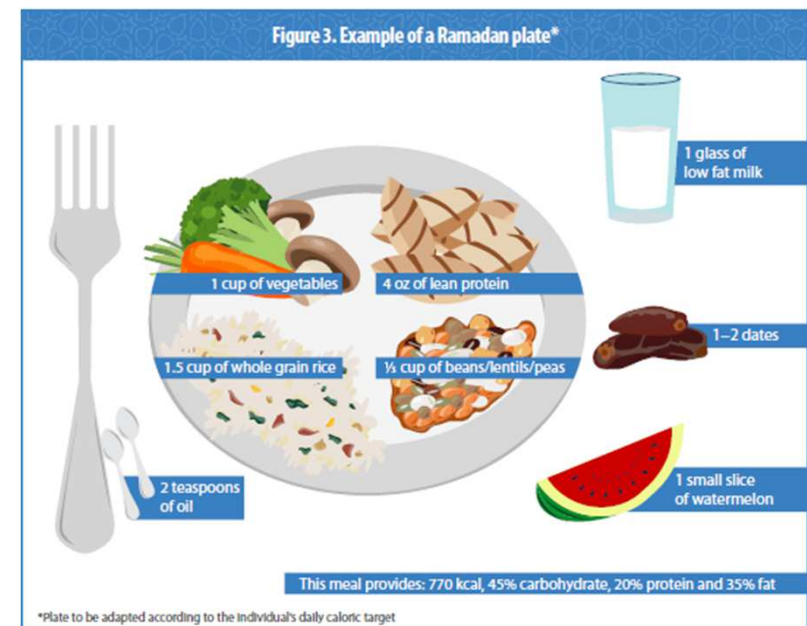
6. Eating suhoor early
7. Fried food
8. Changes in physical activity
9. Changes in sleeping patterns
10. Dehydration





Ramadan Nutrition Plan

1. Adequate amount of total daily calories
2. Meals should be balanced
3. Use the “Ramadan plate” method
4. healthy dessert
5. Select carbohydrates with low GI, particularly those high in fibre.





Ramadan Nutrition Plan

6. Maintaining adequate hydration
7. Take suhoor as late as possible
8. Consume an adequate amount of protein and fat at suhoor
9. Iftar should begin with plenty of water and 1–2 dried or fresh dates
10. If needed, a snack may be consumed between meals.



Advice for people living with diabetes during Ramadan

- ❑ **Nutrition-** healthy and balanced diet
- ❑ **Exercise-** regular light-to-moderate exercise, including the multiple prayers
- ❑ **Sleep** – at night interrupted, nap during the day if needed.
- ❑ **Dehydration-** Keep hydrated and Avoid caffeinated and sweetened drinks
- ❑ **Weight-** Maintain or aim for healthy weight





Bottom line

- ✓ Fasting Can Be Accomplished, but Care Must Be Taken
- ✓ Individualization
- ✓ Breaking the fast
- ✓ Pre-Ramadan medical assessment
- ✓ Essential patient education- Collaborative approach
- ✓ Post-Ramadan follow-up consultation





References

- IDF-DAR practical guidelines on Diabetes and Ramadan- April 2016
- Diabetes UK – Fasting and Diabetes 2017
- Recommendations for Management of Diabetes During Ramadan Update 2010- American Diabetes Association
- Client's experience



Thank you

شكراً

