

Dietary Instructions for Gestational Diabetics in Ramadan



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Your diabetic diet in Ramadan doesn't differ from non-fasting days in the quality and quantity, the only difference is the meal timing.

For good health and better blood glucose control you can follow the instructions below:

1. Take 3 to 4 meals a day starting by Iftar and ending by Sahoor, and break your fast soon after Maghrib call for prayer with (3 pieces of dates, and some water and pure juice), so that your body will be prepared to receive the main meal.
2. Distribute your meals as follows:
1st meal: Iftar which is equivalent to lunch during non-fasting days.
2nd meal: Snack - 2 - hours after Iftar.
3rd meal: Snack - Same timing of Ghabgah.
4th meal: Sahoor - which is equivalent to breakfast during non-fasting days. (follow the menu attached)
3. Vary your food to include all the food groups (bread and starch, vegetables and fruit, milk and milk products, in addition to meat, chicken, and fish).
4. Eat slowly and chew the food well, which helps in reducing food intake and results in better blood sugar control.
5. Consume foods rich in fiber, such as fruits, vegetables, legumes, brown bread and whole grain products. They help in controlling blood sugar and better digestion.
6. Consume an adequate amount of food rich in protein (red meat, chicken, and fish) as prescribed by the dietitian.
7. Avoid fried and fatty foods, they contain high amount of fat and calories.
8. Avoid the consumption of sweets, they are rich in sugar, and result in a sudden increase of blood sugar.
9. Avoid pickles and salty foods and use salt in moderation during food preparation.
10. Consume at spaced intervals 2 to 3 portions of fruits daily.
11. Regarding fluids, follow the recommendations below:
 - Take adequate amount between meals.
 - Don't over consume fluids with meals, it may alter digestion.
 - Avoid iced fluids, which may affect stomach secretions and cause stomach muscle cramps.
 - Avoid soft drinks and sweetened juices, as they are rich in simple sugars and cause sudden increases in blood sugar.
 - Limit the consumption of tea and coffee because of their diuretic effect which may cause a loss of body fluids and minerals.

Sample Menu for Ramadan Fasting Gestational Diabetic Patients:

Iftar Meal:

Soon after Maghreb:

- 3 pieces of dates and ½ cup fresh juice no added sugar and 1 cup soup

After Maghreb Prayer:

- 1 cup rice or 1 cup low fat Thareed or 1 cup low fat Harees
- 90 grams of red meat (trimmed fat) or skinless chicken or fish
- 1 cup of cooked vegetables
- ½ cup of low fat yoghurt
- Salad as desired

Snack one 2 hours after Iftar:

- One small pastry or one small sambousik (not fried)
- 1 fruit

Snack two same timing of Ghabgah:

- ½ cup rice or ½ medium size Arabic bread
- 60 grams of red meat (trimmed fat) or skinless chicken or fish
- 1 cup of cooked vegetables
- Salad as desired
- 1 fruit or ½ cup fresh juice no added sugar

Sahoor before dawn (Fajr).

- 1 cup bran flakes or cornflakes or 1 medium-size Arabic bread or 2 slices bread
- 2 tablespoons of low fat labaneh or 30 grams of low fat cheese or 1 boiled egg
- Salad as desired
- ½ cup fresh juice no added sugar
- 1 cup low fat milk