



# A Health Perspective : Fasting in Pregnancy & Breastfeeding

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3 March 2024

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# Can pregnant women fast?



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# Yes

As long as your pregnancy is  
low risk and by fasting there is  
no harm to you or baby



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# Which trimesters can we fast safely?

How do you assess that you are doing well?

How do you assess that baby is doing well?



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# Pregnancy Trimesters



## First

- Nausea and Vomiting
- Heightened sense of smell
- Cravings and Aversions
- Mood swings

## Second

- Round ligament pains
- Stretch marks
- Nipple changes
- Feeling the baby moving



## Third

- Strong kicks from the baby
- Leaking from the breasts
- Swollen feet
- Frequent urination



## Postpartum

- Lochia
- Baby Blues
- Fatigue
- Risk of postpartum depression
- Sore, leaking breasts



# Impact of fasting on Pregnancy

- Prevent excessive weight gain.
- Lower risk of developing gestational diabetes than women who did not fast.
- May increase the risk of lower birth weight and premature labour.
- No clear consensus on **sig** health effects of fasting during pregnancy.

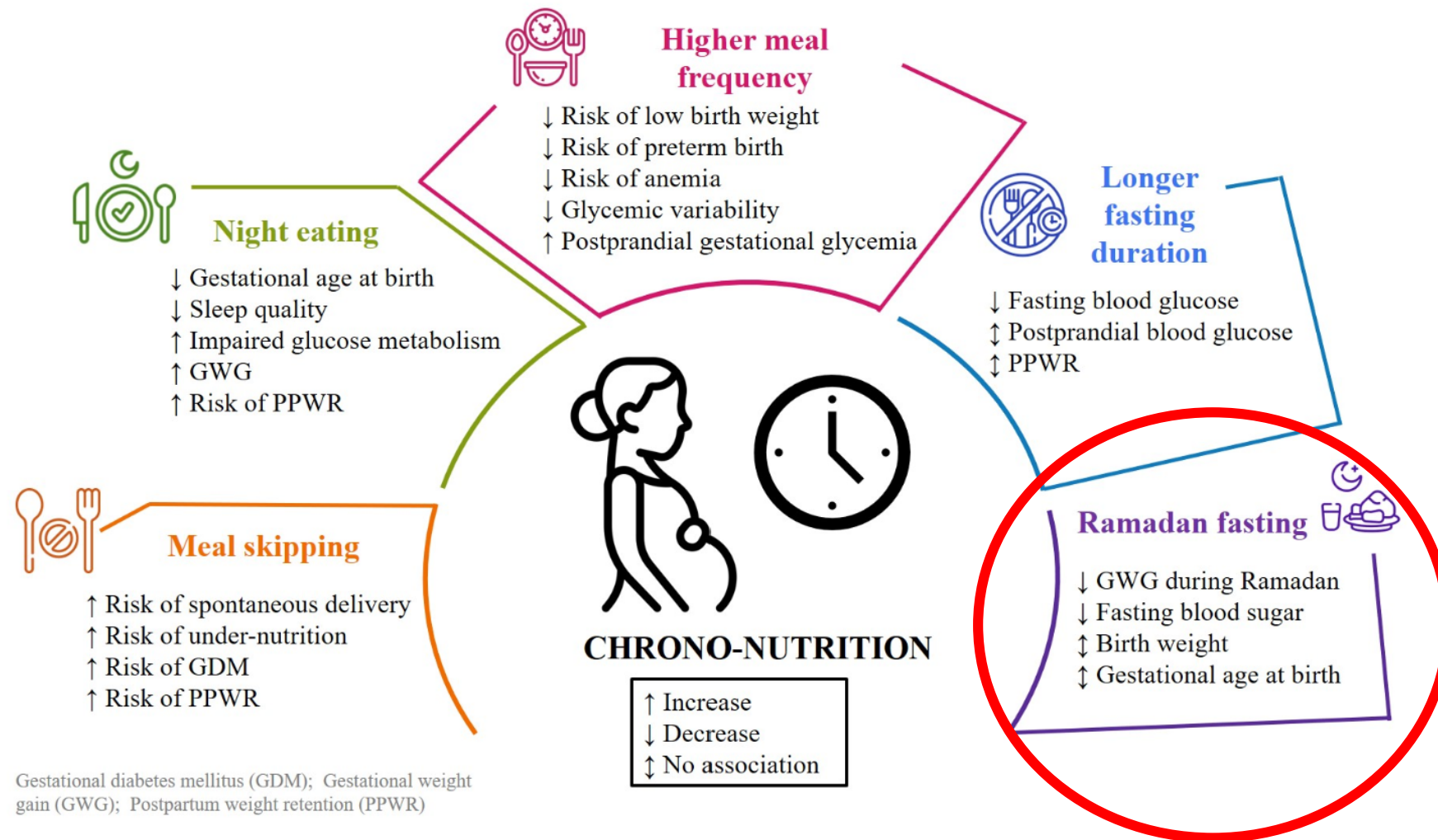


The effect of Ramadan fasting during pregnancy on perinatal outcomes: a systematic review and meta-analysis. Jocelyn D. Glazier, Dexter J. L. Hayes, Sabiha Hussain, Stephen W. D'Souza, Joanne Whitcombe, Alexander E. P. Heazell & Nick Ashton BMC Pregnancy & Childbirth 2018

Ramadan Fasting during Pregnancy and Health Outcomes in Offspring: A Systematic Review Violet N. L. Oosterwijk,<sup>1</sup> Joyce M. Molenaar,<sup>2,3</sup> Lily A. van Bilsen,<sup>1</sup> and Jessica C. Kiefte-de Jong<sup>3</sup>, Nutrients. 2021 Oct; 13(10): 3450

Tith RM, Bilodeau-Bertrand M, Lee GE, Healy-Profitos J, Auger N. Fasting during Ramadan Increases Risk of Very Preterm Birth among Arabic-Speaking Women. The Journal of Nutrition, Volume 149, Issue 10, October 2019, Pages 1826–1832, <https://doi.org/10.1093/jn/nxz126>





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# Chrononutrition during Pregnancy and Its Association with Maternal and Offspring Outcomes: A Systematic Review and Meta-Analysis of Ramadan and Non-Ramadan Studies

by Yu-En Chen <sup>1</sup>, See Ling Loy <sup>2,3</sup> and Ling-Wei Chen <sup>1,4,\*</sup>

Nutrients 2023, 15(3), 756; <https://doi.org/10.3390/nu15030756>



# When should you not fast?

As long as THERE IS ANY RISK to mother or baby



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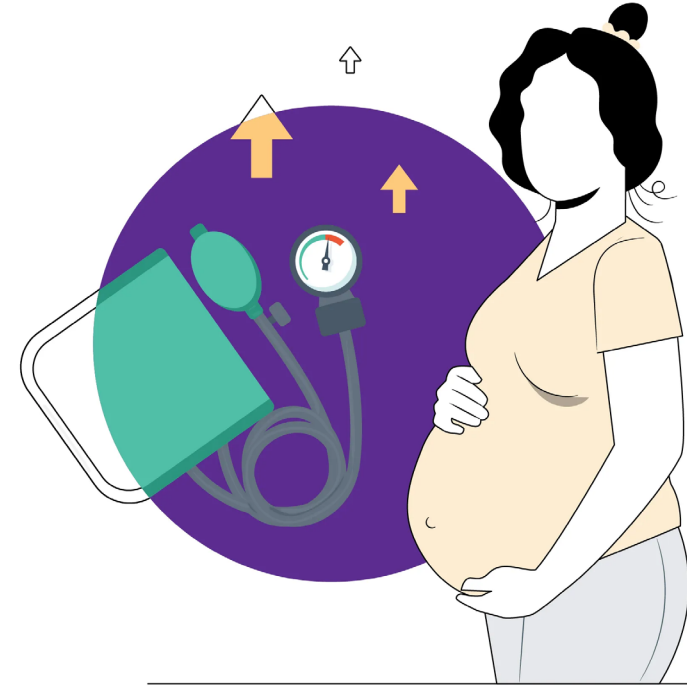
  
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# Preeclampsia



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# Gestational Diabetes

Diet Control

Oral medication eg metformin

Insulin



ODAC Department



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**4 IS  
THE CUT-OFF  
POINT**



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Nurse:

Obstetric Day Assessment Centre (ODAC)  
Women's Tower Level 3  
Tel: 63942097  
From Monday to Friday  
8.30am to 5pm  
Kkh.odac@kkh.com.sg

To do blood glucose test (BSP):

- 1) 2 Consecutive days per week of home BSP till next doctor's appointment

Subsequently:

- 2) Diet control: 7 point BSP one day a week
- 3) Metformin/ Insulin therapy: 7 point BSP 2 days a week

**TARGET BLOOD SUGAR LEVEL**

- 5 mins Before food 4.4 to 5.5 mmol/L
- (From start time) 2hours after food 5.5 to 6.6 mmol/L
- Bedtime 4.4 to 5.5 mmol/L

PLEASE BRING ALONG THIS CHART ON EVERY DOCTOR AND DIETICIAN APPOINTMENT

Reg No 198904227

## OUTPATIENT DIABETIC MONITORING CHART

Patient's name label
----------------------

GA	_____ Weeks
Gravida	_____ Para _____
CEDD	
PPBMI	_____ Kg/m <sup>2</sup>
PPW	_____ Kg
CW	_____ Kg
DR	
TEL	
Actrapid	6 hours
insulinlnd	12 hours

OGTT \_\_\_\_\_

HBA1c\_\_\_\_\_

Dietetic Department 63941646

- Food interval 2-3 hourly

[illegible]

### Signs of hypoglycaemia (low blood glucose)

- Feelings of tremors
- Sweating
- Palpitations
- Hunger
- Dizziness
- Confusion

### Symptoms of severe dehydration

- Dizziness (feeling faint)
- Confusion

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# Diet during Fasting Month

Suhoor – To last the day

Iftar - To replenish energy levels



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Should include the following foods:

- **Fruits and vegetables**

- Rich in fibre, fruits and vegetables are essentials as they increase the feeling of fullness and help prevent constipation. They also contain vitamins, minerals and phytochemicals that are vital for good health.

- **Rice and alternatives(Complex carbohydrates)**

- High-fibre carbohydrate foods like brown rice, wholegrain pasta and wholemeal bread take longer to digest, helping to sustain energy levels longer.

- **Meat and alternatives**

- Skinless chicken, fish and low-fat dairy products are a great source of protein while limiting your fat intake. Furthermore, they help repair and build body tissue, and build up your immune system. Consuming high-calcium dairy products also helps maintain strong bones. Those that are lactose intolerant can choose lactose-free milk or calcium-fortified soybean milk.

1. Eat frequent small meals after iftar instead of one big meal
2. Hydration
3. Healthy cooking – grilled, baked, steamed

# Facts about Kurma

- **1 single date(8gm) = 20 calories**
- total fat: 0.03 g total carbohydrates: 5.33 g.
- Fibre slows down digestion and keeps you feeling full and satiated for a long time. This prevents you from overeating and curbs hunger pangs.
- Rich in potassium and Iron
- “Wholesome” - Have vitamins like B6 and minerals, fibres and antioxidants.
- Apricots and dates. Can increase prolactin, which is the hormone that tells your body to produce milk.





# Facts about Kurma

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# Breastfeeding during Fasting Month



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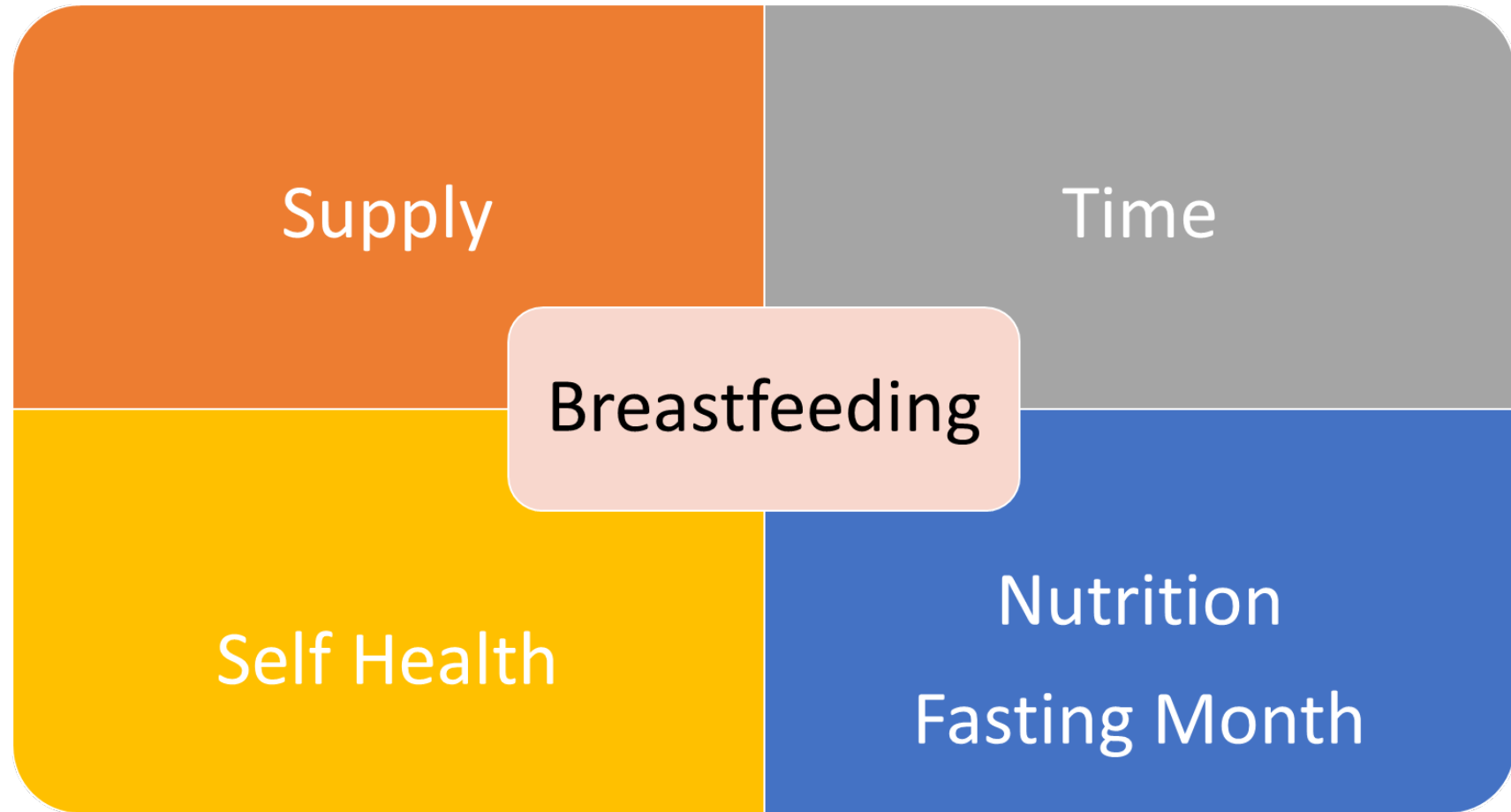
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# How to increase supply when breastfeeding

- Increasing frequency
- Hydration helpful to consume foods with high water content like fresh fruits and vegetables. Avoid eating salty foods as they can make you feel thirstier.
- Super foods eg eating oatmeal and staying hydrated is very helpful for increasing pumping output. It can be helpful to snack on protein-rich foods during the day and to have something to drink every time you sit down to pump or breastfeed.
- Fenugreek or other herbs to increase supply, either on a short- or long-term basis.

# Tips for Safe Fasting

- Safe for self and baby
- Discuss with your gynae
- Trial of fasting
- Do not skip pre-dawn meal ie sahur
- Timely iftar
- Keep hydrated after breaking of fast at least 2 -3 Litres
- Keep active or 'moving', yet not to overexert
- Break fast if feels faint, baby not moving, any doubts...etc
- Support from husband and family



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# Everything in life is a CHOICE

## That choice must always be safe



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