



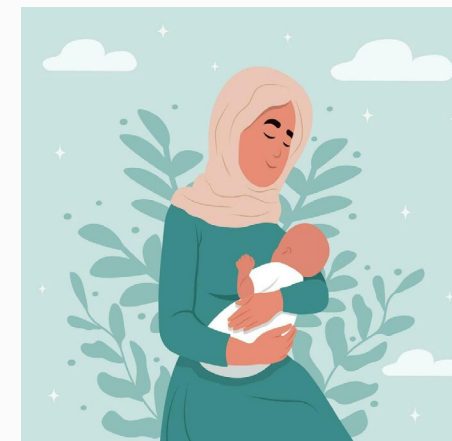
KK Women's and
Children's Hospital
SingHealth

Healthy Fasting in Ramadan : A Clinician's Guide for Pregnant and Breastfeeding Mums



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Can I fast in pregnancy & breastfeeding?

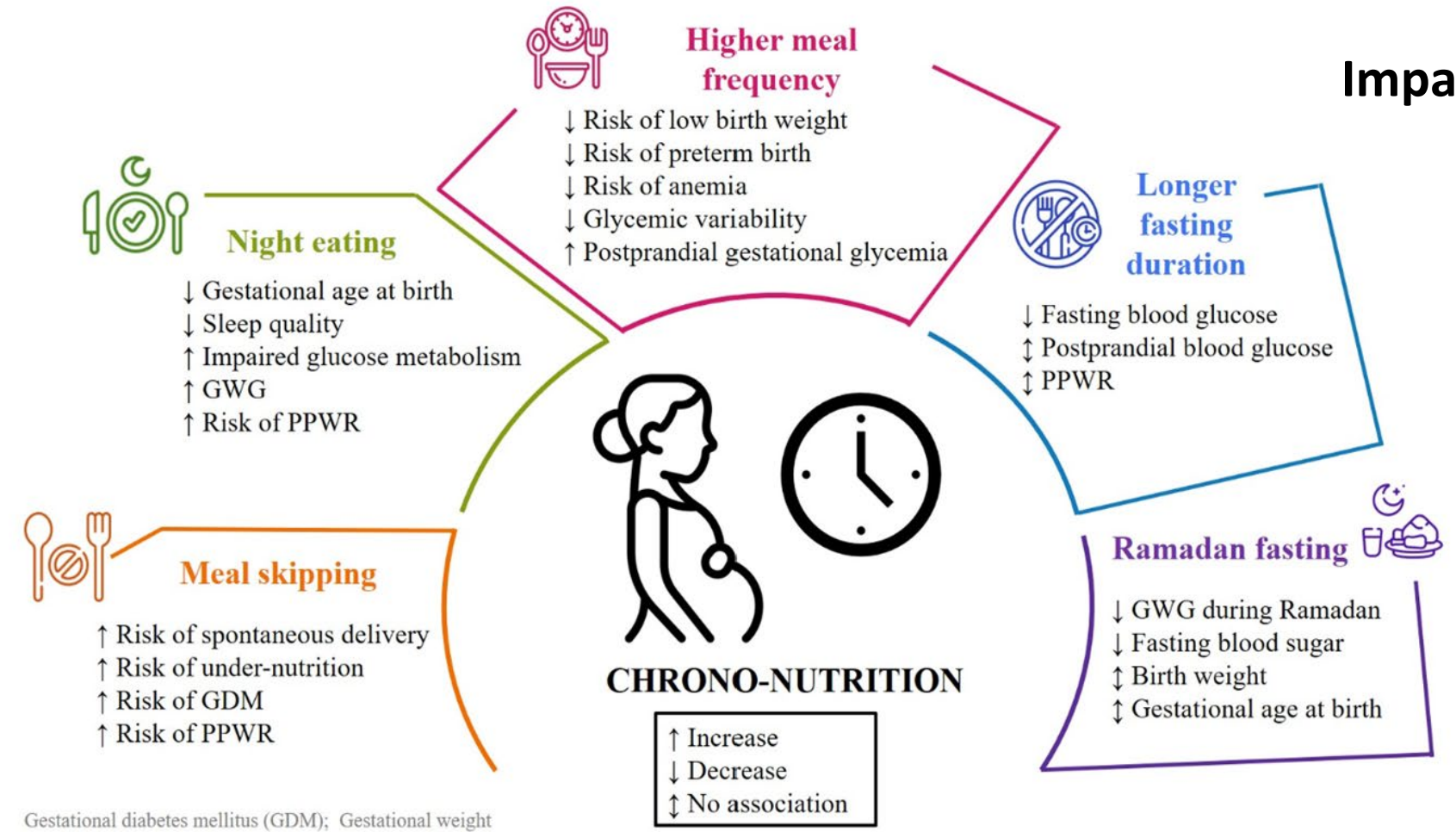




**As long as there is
no harm to you AND
baby**



Impact of fasting on pregnancy



Impact on birth outcomes remains unclear



Gestational diabetes mellitus (GDM); Gestational weight gain (GWG); Postpartum weight retention (PPWR)

All icons are courtesy of open-source database flaticon.com and have been adapted for use by the authors.

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

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 ¹, See Ling Loy ^{2,3} and Ling-Wei Chen ^{1,4,*}

Pregnancy Stages

Fetal Development: Stages of Growth



1 Trimester

0-12+6 weeks
1800 cal/day



2 Trimester

13 – 23+6 weeks
2200 cal/day



3 Trimester

24-40 weeks
2400 cal/day



Birth

Pregnancy Trimesters



First

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

Second

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



Third

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



Postpartum

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



Does morning sickness break my fast?

I am due after Ramadan. Is it safe to fast? Will the sudden change of eating routine during Ramadan affects my body during pregnancy?

- How do you assess that you are doing well?
- How do you assess that baby is doing well?



Identify Your risks

**Please seek advice from your gynae :
Shared decision-making and
individualized recommendations**

Shahawy. Ramadan fasting and pregnancy. Am J Obstet
Gynecol 2023

- *Gestational Diabetes
- Preeclampsia
- Other medical conditions eg severe anaemia in pregnancy
- Threatened miscarriage
- Placenta praevia
- Unhealthy placenta



Oral Glucose Tolerance Test(OGTT)

- 24-28 weeks
- Why do you do the test?
- If fails during fasting month, what can you do?



Gestational Diabetes

Diet Control
Oral medication eg metformin
Insulin



ODAC Department



KK Women's and
Children's Hospital

SingHealth



A Guide to Eating when Fasting with GDM

Reg No 198904227G

Recommended Food Portion



PRE-DAWN MEAL (SUHOOR)



- 1-2 dates or 1 serve of fruit
- 3 slices wholemeal bread or 1 medium bowl (12 tablespoons) rice/noodles
- 1.5 palm size meat/fish/chicken (150g) or 1 palm size meat + 1 egg or 1 large piece tauhu + 50g meat
- Non-starchy vegetables (no limit)
- 1 cup low-fat/skim milk



BREAK-FAST MEAL (IFTAR)



- Mini-Iftar: 1-2 dates + 1 cup low-fat/skim milk
- 1 medium bowl (12 tablespoons) rice/noodles
- 1.5 palm size meat/fish/chicken (150g) or 1 palm size meat + 1 egg or 1 large piece tauhu + 50g meat
- Non-starchy vegetables (no limit)
- 1 serve of fruit



SUPPER



- 1 slice wholemeal bread or 3 wholewheat crackers
- 1 egg/1 slice cheese/1 sardine (no sauce)/2 tablespoons peanut butter
- Non-starchy vegetables (no limit)
- 1 cup low-fat/skim milk
- OR
- 1 small bowl rice/noodles
- 1 egg / ½ palm size meat/fish/chicken (50g) / ½ large piece tauhu
- Non-starchy vegetables (no limit)
- 1 cup low-fat/skin milk

When to Monitor Your Blood



- 5 minutes pre-Suhoor
- 2 hours post-Suhoor
- Midday (12pm)
- Mid-afternoon (4-5pm)
- 5 minutes pre-Iftar
- 2 hours post-Iftar
- Anytime you feel unwell

NOTE



NOTE: Check your blood sugar whenever you feel symptoms of hypoglycemia (e.g. dizzy, sweaty, shaky, tired, hungry)

You should END fasting when:

- Blood sugar < 3.9 mmol/L OR > 16.7 mmol/L
- You feel unwell or any symptoms of hypoglycemia



OUTPATIENT DIABETIC MONITORING CHART

G A	_____	Weeks
Gravida	_____	Para
CEDD	_____	
PPBMI	_____	Kg/m ²
PPW	_____	Kg
CW	_____	Kg
DR	_____	
TEL	_____	
Actrapid	_____	6 hours
insulinsand	_____	12 hours

HBA1c_____

~~Feed interval 2-3 hourly~~

TARGET BLOOD SUGAR LEVEL

- 30 min before food 4.4 mmol/L
- (Fasting) 2 hours 5.5 mmol/L
- Bedtime 5 mmol/L

PLEASE BRING TO THE
DOCTOR AND

3.9(4) IS THE CUT-OFF POINT

[illegible]

Supply

Time

Breastfeeding

Self Health

Nutrition
Fasting Month

Impact of fasting on breastfeeding

- Amount
- Nutrients
- While fasting might reduce milk supply for some, babies will recognise this and naturally feed more. That increase in demand itself will help to either maintain mothers milk supply or even increase it.

What happens to a breastfeeding mum?

- 1800-2200 calories a day
- Baseline needs is dependent on
 - activity level
 - weight
 - nutritional status
- The Institute of Medicine notes that the median amount of fluids typically consumed by breastfeeding mothers is 3.1 liters (13 cups), compared to 2.2 liters/9 cups for non-pregnant/lactating women and 2.3 liters/10 cups for pregnant women.



Breastfeeding
Mothers'
Support Group
SINGAPORE

TBC...



Best nutrition - to maintain energy and milk supply

- Suhoor – To last the day
- Iftar - To replenish energy levels



Suhoor – to last the day



- 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
 - High-fibre carbohydrate foods like brown rice 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.

Iftar – To replenish energy levels

1. Fruit and vegetables

Health Promotion Board (HPB) recommends **2 servings of vegetables and 2 servings of fruit per day.**

2. Rice and alternatives

Compared to sugary foods and desserts that burn quickly, they **provide more stable and sustainable energy levels.**

3. Meats and alternatives

Incorporate protein rich sources such as lean meat, skinless chicken, fish, eggs, legumes and low-fat dairy products.

4. To keep your meals healthy, **limit the use of oil** and opt for **steaming, grilling, baking or shallow frying** instead.

5. Eat frequent small meals after iftar instead of one big meal

7. Iftar with your family



If my milk supply drops, should I still puasa?
If we are pumping, is there a schedule that you would recommend? How to manage fasting if experiencing fatigue, hunger or dizziness/as I do have episodes of feeling giddy after breastfeeding/pumping?

1. Practice
2. Pump and store
3. Eat well-balanced diet
4. Keep well-hydrated
5. Prepare body, mind and soul before you reach such a state
6. Learn about your own body
7. Do not miss Sahoor
8. Iftar timely



How to increase milk supply



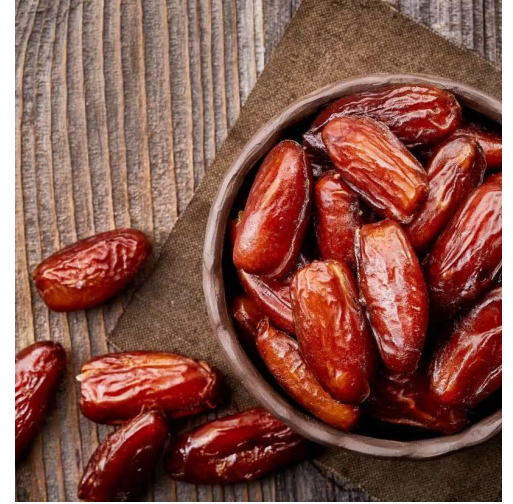
- Increasing frequency
- Hydration helpful to consume foods with **high water content like fresh fruits and vegetables**. Avoid eating salty foods as they can make you feel thirstier.
- **Super foods** eg eating oatmeal and staying hydrated is very helpful for increasing pumping output. It can be helpful 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.

Dates



- “considered very sweet to take 7 dates daily”
- 1 single date(8gm) = 23 calories, 0.2gm of protein, 6gm of carbohydrates & 0.4gm of fat.
- 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(**helps muscles and nerves function well**) 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.

Dates



- “considered very sweet to take 7 d...”
- 1 single date(8gm) = 20 calories
- Fibre slows down digestion keeps you feeling full and satiated for a longer time. This prevents you from overeating and 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.

MODERATION

My wife is 9 weeks pregnant and is breastfeeding our 5 mths baby. Recently we noticed a decrease in her milk supply and our baby demanding more. Last appointment at KKH, the doctor advised to transition to formula in second trimester onwards . Are there any medications or supplements that are safe for pregnancy and help increase breastfeeding volume?

Is it advisable for a pregnant mother who has had a previous caesarean section and is breastfeeding a baby under 1 year old to fast?

Summary

- Safe for self and baby : identify any risks
- Discuss with your gynae
- Trial of fasting
- Prepare the body, mind and soul(stamina)
- Do not skip pre-dawn meal ie sahur
- Timely iftar
- Multivitamins
- 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



**Healthy Happy Mum
Healthy Happy Baby
Healthy Happy Family**

**Everything in life is
a
CHOICE
That choice must
always be safe**

