



جامعة الإمام عبد الرحمن بن فيصل
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Nutritional advices for diabetics in Ramadan





Important advices to control diabetes in Ramadan:

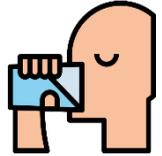
- Consult the medical team before starting fasting to review the treatment plan.
- Monitor the level of blood glucose and communicate with the medical team in the event of any persistent highs or lows.
- Eat your daily needs of food and continue the same food pattern recommended by the clinical dietitian.
- Eat three main meals in Ramadan and try to keep an appropriate period of time between meals.





Important advices to control diabetes in Ramadan:

- Replace sweets and juices with fresh fruits.
- Vegetables should be added to all meals.
- You should drink water frequently in the evening.
- Walking two hours after Iftar meal is highly recommended.
- Reduce the amount of added salt in food and eliminate intake of meals rich in fat and sugar.





Important advices to control diabetes in Ramadan:



Note:

Fruits should be taken to the allowed limit based on the daily servings to avoid elevation in blood glucose level



There are some vegetables and fruits with high water content that help you overcome thirst during the day in Ramadan, such as:





Important advices to control diabetes in Ramadan:

 91%	Spinach 	 96%	Cucumber 
 91%	Watermelon 	 95%	Lettuce 
 91%	Strawberry 	 95%	Radish 
 90%	Broccoli 	 95%	Celery 
 90%	Grapefruit 	 94%	Tomato 
		 92%	Cauliflower 

Audit and review:

The content of this booklet has been reviewed by the clinical nutritionist specialists at dietary unit at King Fahad Hospital of the University

Clinical Nutrition in Diabetes Unit

Health Awareness Unit

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