



Eat Smart for 14+ Hours of Fasting

DIET + MEDICAL TIPS

**Curated for those with long
term health conditions**

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What Your Sahur Should Include



Slow-Release Carbohydrates



Lean Protein



Healthy Fats



Hydration Strategy



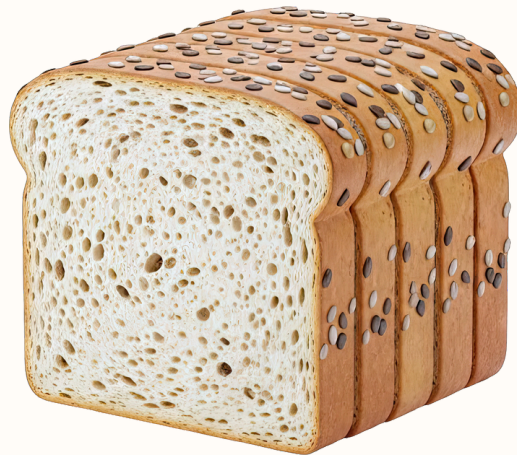
Slow-Release Carbohydrates

**Keeps blood sugar stable & energy
lasting longer**

Oats



**Wholemeal
Bread**



**Sweet
Potato**



**Brown
Rice**



Avoid: white bread, sugary cereals, sweetened condensed milk drinks

Important for people with diabetes. Sudden sugar spikes at sahur can cause energy crash by noon.

Lean Protein

Helps prevent muscle loss & keeps you full

Boiled Eggs



Greek Yogurt



Chicken Breast



Tempeh



Avoid: processed meats, salty canned meat, deep-fried chicken, fatty red meat daily

Protein helps control hunger hormones and slows glucose absorption

Protein increases satiety hormone → helps weight control.

Healthy Fats

Supports heart health

Avocado



Olive Oil



Nuts



**Fatty Fish
(Salmon)**



Avoid: fried foods,
margarine, butter-heavy
dishes, fast food

**Healthy fats improve insulin
sensitivity.**

**Unhealthy fats are calorie-
dense → easy weight gain.**



Hydration Strategy

Avoid these drinks during sahur:

Teh Tarik



**Sweet
Coffee**

**Carbonated
Drinks**



**Energy
Drinks**

Drink: warm plain water, unsweetened milk or soy milk

Liquid sugar spikes blood glucose faster than food.

Sugary drinks contribute to weight gain → worsens BP.



MEDICAL TIPS DURING RAMADAN

Fasting Should Not Compromise Your Health



Diabetes

Insulin Users

- **Long-acting insulin is usually taken at iftar** (depending on doctor advice).
- **Short-acting insulin** is adjusted according to **sahur** & iftar meals.
- Never skip insulin completely.
- Monitor blood sugar before sahur, mid-day (if high risk), and before iftar.

Break fast immediately if:

- Blood sugar **< 3.9 mmol/L**
- Blood sugar **> 16.7 mmol/L**
- You feel shaky, confused, sweating heavily

NOTE:

Checking blood sugar does NOT break your fast.

Hypertension

Medication Timing

- Most BP medications can be taken once daily at iftar or sahur.
- Do not skip doses.
- If you feel dizzy during the day, check blood pressure.

Break fast immediately if:

- Severe dizziness
- Blurred vision
- Chest tightness
- Very high BP reading (e.g. >180/110)

NOTE:

Dehydration can increase blood pressure instability. Drink at least 4 glass of water during iftar and sahur.



Lung Disease

Inhaler Use

- Using inhaler does NOT invalidate fasting according to many scholars.
- Preventer inhalers should NOT be skipped.
- Keep reliever inhaler accessible at all times.

Break fast immediately if:

- Severe breathlessness
- Wheezing not relieved by inhaler
- Chest tightness worsening

NOTE:

Using an inhaler during a mild asthma attack invalidates the fast, but in severe or emergency cases it does not.



Kidney Disease

Fluid Control is Critical

- Some kidney patients cannot drink freely.
- Others must avoid dehydration.
- This must be individualised by doctor.

Break fast immediately if:

- Very reduced urine output
- Severe swelling
- Extreme fatigue
- Confusion

NOTE:

Markedly reduced urine output may indicate kidney stress and requires medical evaluation.



Weight Loss

Eating Habit

- Do not “double portion” at iftar.
- Avoid deep fried food daily.
- Avoid sugary drinks every night.
- Maintain light activity after iftar.

Workouts

- Very reduced urine output
- Severe swelling
- Extreme fatigue
- Confusion

NOTE:

**Long fasting + overeating at night
= worsened insulin resistance.**



Thyroid Disorders

Levothyroxine Users:

- Take medication **30–60 minutes before** sahur meal.

OR

- Take at bedtime (at least **3–4 hours after last meal**).

Do not take together with:

- Milk
- Iron
- Calcium

NOTE:

Irregular dosing destabilises hormone levels and may worsen symptoms.



Heart Disease

Continue ALL heart medications

- Blood thinners
- Beta blockers
- Statins
- ACE inhibitors

Seek medical help immediately if:

- Chest pain
- Shortness of breath
- Sweating with chest pressure
- Sudden swelling in legs

NOTE:

Patients with unstable heart disease may experience worsening symptoms during prolonged fasting.

