

# Ramadan and Pregnancy

## Deciding to fast or not during pregnancy

Take medical and personal factors into account before making a decision.

### Things to consider:

#### The time of year that Ramadan occurs

Does Ramadan take place in the summer, when the fasting period is longer, and temperatures are higher? These conditions increase the risk of dehydration.

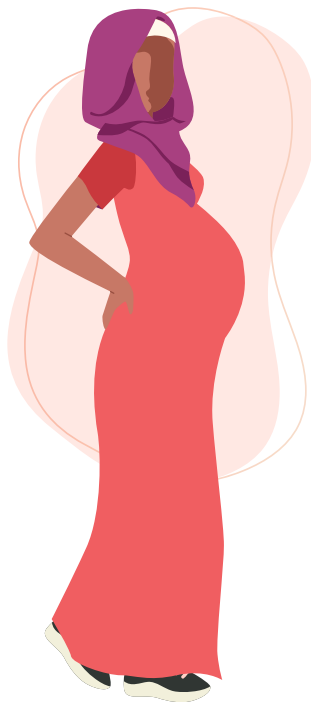
#### The stage of your pregnancy

First trimester: Nausea and vomiting can be worsened by fasting. Are you experiencing significant discomfort?

Third trimester: The baby's rapid growth requires you to eat enough to meet both your needs and your baby's. Do you think you'll be able to get enough nutrition to meet your and your baby's needs?

#### Your Health

If you have health issues, fasting might not be recommended for you. That's why it's



### Talk to your doctor

Discuss your health with your doctor. Your doctor might advise against fasting if:

- You or your baby are not gaining enough weight
- You are at risk of premature delivery
- You are expecting more than one baby
- You are experiencing severe symptoms, such as nausea, vomiting, headaches or extreme fatigue

While it's important to consult your doctor, the decision to fast during pregnancy remains a personal one.

### When to stop fasting?

It's best to stop fasting and consult your health professional in the following situations:

- If you show signs of severe dehydration, such as premature contractions, dizziness, nausea, severe headaches, extreme fatigue or a burning sensation when urinating
- If you have painful contractions earlier than 37 weeks
- If your baby is moving less than usual
- If your baby shows signs of growth failure

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### What to eat during Ramadan?

#### Iftar: Breaking the fast

- Eat foods rich in sugar and nutrients, such as fresh or dried fruits, paired with a glass of milk. These provide instant energy and help with hydration.
- Follow with a soup and a nutritious meal, respecting the proportions of a balanced meal.
- Choose grilled or baked foods and limit fried options, which could take the place of more nutritious options.

#### Suhoor: Morning meal

- Wake up early to have enough time for the morning meal or prepare it in advance.
- To sustain you throughout the day, ensure the meal you eat before fasting includes all the elements of a balanced meal.
- Don't forget to take your prenatal multivitamin.

#### Snacks

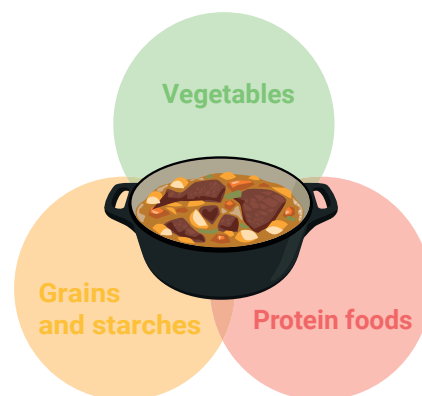
Have one or more snacks before bedtime to optimize your energy reserves for the next day.

#### Hydration

To support rehydration after fasting:

- Prioritize meal soups
- Choose nutritious drinks like milk, juice or carbonated beverages
- Drink 1.5 to 2 litres of water and caffeine-free liquids (e.g. herbal tea) during the period between iftar and suhoor
- Avoid foods high in salt or that are spicy, as they can increase thirst, especially if eaten at suhoor
- Consider waking up during the night to drink, as needed.

#### A balanced meal contains :



#### Examples of balanced meals:

- A stew with meat and vegetables served with bread
- Rice with chicken and a salad

#### Examples of nutritious snacks:

- Milk-based desserts, such as pudding or oatmeal
- Yogurt, cheese, labneh, milk
- Dried fruits with seeds and nuts

Since eating is limited to a shorter period, make sure every bite counts!

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