

# WHAT PREGNANT MUMS SHOULD KNOW ABOUT FASTING DURING RAMADAN

- Always **consult your doctor** before deciding to fast.
- You are **not obligated to fast**, but you can still take part in the spiritual aspects of the month.
- **Consume healthy nutritious foods** that are high in protein, fibre and iron:
  - lean meats, fish, beans, vegetables, whole grains
- **Avoid harmful and unsafe foods:**
  - raw or undercooked meats, acidic or greasy meals, sugary and processed meals, caffeine
- Unsafe fasting can potentially harm you and your growing baby. Make sure to:
  - **Take a break** from fasting if you feel weak or dizzy
  - **Eat good portion** of sahur for energy
  - **Drink enough water** to stay hydrated
  - **Limit physical activities**
  - **Avoid strenuous activities**
  - Get **enough sleep** and **plenty of rest**
  - **Monitor blood sugar levels** if you are diabetic