

Nutrition of pregnant woman during Ramadan



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A pregnant woman, who is planning to fast during the holy month of Ramadan, is advised to consult her doctor beforehand.

One of the most important factors that help a pregnant woman to fast Ramadan safely is her commitment to follow healthy guidelines.

Here are some nutritional tips for pregnant women who fast during the holy month of Ramadan:

- It is recommended to consume two main meals, IFTAR and SAHOOR, in addition to two snacks in between, taking into account leaving at least two hours between each meal.
- Start the IFTAR meal directly after Magrib with a glass of warm milk or soup, and 3 pieces of dates, followed after the Magrib pray with healthy plate, which includes all food groups with an amount equivalent to lunch on non-fasting days.
- Avoid breaking your fast with caffeinated drinks such as coffee, tea, green tea, soft drinks and juices whether natural or canned, to avoid a sudden rise in blood sugar.
- Avoid starting your IFTAR with cold drinks, try to drink room temperature fluids to avoid abdominal discomfort.
- Delay the SAHOOR meal until half an hour before the Fajr prayer to reduce the effect of hunger for long fasting hours.
- It is encouraged the the SUHOOR meal contains all the basic food groups with quantities equivalent of a dinner meal on non-fasting days.
- Eat your meal slowly and chew food well before swallowing. Avoid eating to the point of full satiety, as this may affect your digestive system and result with abdominal cramping or discomfort.



- Meals and snacks should contain nutrients and good calories. Consult your dietitian to organize an appropriate dietary plan.
- Consume the recommended amounts of carbohydrates, preferably complex carbohydrates such as brown bread, brown rice or legumes.
- Carbohydrates are also an important source of energy necessary for your body and the growth of your baby. In addition, complex carbohydrate sources are rich in fiber, which helps pregnant women avoid constipation.
- Avoid foods high in refined sugars such as sweets, katayef and luqaimat and sweet beverages such as Vimto and Tang.
- Include adequate amounts of protein such as meat, chicken, fish, eggs, and cheese.
- Consume the recommended servings of milk and dairy products (two to three servings in a day).
- Consume the recommended servings of the fruit groups. (two to three servings).
- Consume a good amount of non-starchy vegetables and leafy green vegetables that contain many vitamins, minerals, and fibers, which improve the bowel motion and overall health.
- Avoid canned foods and processed meats as many contain high amounts of salt, preservatives and trans fats.
- Reduce foods rich in saturated and trans fats such as cakes and pies. Replace them with healthy food such as nuts and food prepared with good vegetable oil.
- Prepare foods using healthy cooking methods such as grilling, boiling or steaming instead of frying foods.



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- Avoid excessive use of spices, curry and salt during cooking, and stay away from high sources of salt such as pickles. This may lead to extreme thirst during the day or may increase the risk of high blood pressure.
- Drink enough water, which ranges between 8-12 cups a day to avoid dehydration. It is recommended that you reduce fluid consumption during meals and drink enough between meals.
- Avoid excessive physical exertion and avoid going outdoors during midday, when temperature is at the highest level.



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If you develop any of the following symptoms contact your doctor as you may need to break your fast:

Feeling nauseous, vomiting, or very weak.	
Being dehydrated by feeling an intolerable thirst.	
Exposure to urinary tract infections. This can be known by changing the color of urine to a dark degree with a bad smell.	
High body temperature or having severe headache.	
Severe pain in lower abdomen or having contraction symptoms.	
Losing weight or not gaining enough weight.	

How can you break your fast?

You should break your fast with a sweet drink to replace lost sugar and fluids, a salty snack to replace lost salt, or an oral rehydration solution, and then contact your doctor.

We wish you great health and a blessed month of Ramadan.

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Healthy Meal Plan for Pregnant Women During Ramadan Holy Month (1600 Calories)		
Meal	Exchanges	Food Items
Iftar Meal Part 1 (After Magrib prayer)	1 Fruit 1 Milk 1 Starch + 1 Fat+ Meat 1 Vegetable	3 small dates. ¾ cup of low-fat yogurt or 1 cup low-fat laban. 4 pieces of small beef kibbeh or 2 medium size baked sambosa with chicken or meat or cheese. 1 cup vegetable salad.
Part 2 (30 minutes after Magrib prayer)	2 Starch 2 Vegetable 3 Meat 2 Fat	1 cup thareed, harees, madroba or ¾ cup of makbos, biryani rice or pasta. 1 cup vegetable salad and ½ cup vegetable soup. 90 g of meat or chicken. 2 tsp of vegetable oil for salad or cooking.
Snack Meal #1 (After Tarawih prayer)	1 Starch + 1 Fat	3 pieces luqaimat, 1 piece ktayef (medium size), 2 pieces kanfasrosh (small size) or ½ cup aseeda, sago or mahallebia.
Snack Meal #2 (After the midnight or Gabga meal)	1 Vegetable 1 Starch+1 Fat+1 Vegetable 1 Milk 1 fruit	1 cup vegetable salad. 1 (small size) zaater fatayer, pizza or 6 pieces of warak enab (medium size). ¾ cup low fat yogurt or 1 cup low fat laban. 1 medium size apple or ½ medium size banana.
Suhoor Meal	2 Starch 2 Meat 2 Vegetable 1 Milk 1 Fat	2 slices of bread, 1 small loaf of Arabic bread (whole wheat) or ¾ cup of rice or pasta. 1 boiled egg and 2 tbsp of low fat labna or cheese or ½ cup legumes * or 60 g of meat or chicken. 2 cup vegetables salad ¾ cup low fat yogurt or 1 cup low fat laban. 1 tsp of vegetable oil for salad or cooking.

*If plant-based protein has been selected, the starch exchanges should be reduced.

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Healthy Meal Plan for Pregnant Women During Ramadan Holy Month (1800 Calories)		
Meal	Exchanges	Food Items
Iftar Meal Part 1 (After Magrib prayer)	1 Fruit 1 Milk 1 Fat +1 Starch +1 Meat 1 Vegetable 1 Fat	3 small dates. ¾ cup of low-fat yogurt or 1 cup low-fat laban. 4 pieces of small beef kibbeh or 2 medium size baked sambosa with chicken, meat or cheese 1 cup vegetable salad. 1 tsp of vegetable oil for salad or cooking.
Part 2 (30 minutes after Magrib prayer)	3 Starch 1 Vegetable 2 Meat 2 Fat	1½ cups thareed, harees or madroba or 1 cup makbos, biryani rice or pasta. 1 cup vegetable salad and ½ cup vegetable soup. 60 g of meat or chicken. 2 tsp of vegetable oil for salad or cooking.
Snack Meal #1 (After Tarawih prayer)	1 Starch + 1 Fat	3 pieces luqaimat, 1 piece ktayef (medium size), 2 pieces kanfasrosh (small size) or ½ cup aseeda, sago or mahallebia.
Snack Meal #2 (After the midnight or Gabga meal)	1 vegetable 2 Starch+1 Fat+1 Vegetable 1 Milk	1 cup vegetable salad. 1 small size zaater fatayer or pizza and 6 pieces of Warak enab (medium size). ¾ cup low fat yogurt or 1 cup low fat laban.
Suhoor Meal	2 Starch 2 Meat 1 Vegetable 1 Milk 1 Fat 1 Fruit	2 slices of bread, 1 small loaf of Arabic bread (whole wheat), ¾ cup of rice or pasta. 1 boiled egg and 2 tbsp of low fat labna, cheese, ½ cup legumes* or 60g of meat or chicken. 2 cups vegetable salad. ¾ cup low fat yogurt or 1 cup low fat laban. 1 tsp of vegetable oil for salad or cooking. 1 medium size apple or ½ medium size banana.

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Healthy Meal Plan for Pregnant Women During Ramadan Holy Month (2000 Calories)		
Meal	Exchanges	Food Items
Iftar Meal Part 1 (After Magrib prayer)	1 Fruit 1 Milk 1 Fat +1 Starch +1 Meat 2 Vegetable	3 small dates. ¾ cup of low-fat yogurt or 1 cup low-fat laban. 4 pieces of small beef kibbeh or 2 medium size baked sambosa with chicken or meat or cheese. 1 cup vegetable salad and ½ cup vegetable soup.
Part 2 (30 minutes after Magrib prayer)	3 Starch 2 Vegetable 2 Meat 3 Fat	1 cup thareed, harees, madroba or ¾ cup of makbos, biryani rice or pasta. 1 cup vegetable salad and ½ cup vegetable soup. 90 g of meat or chicken. 2 tsp of vegetable oil for salad or cooking.
Snack Meal #1 (After Tarawih prayer)	1 Starch + 1 Fat	3 pieces luqaimat, 1 piece ktayef (medium size), 2 pieces kanfasrosh (small size) or ½ cup aseeda, sago or mahallebia.
Snack Meal #2 (After the midnight or Gabga meal)	2 Starch+ 1 Fat + 1 Meat ½ Milk	2 tbsp Balaleet with honey and egg. ½ cup low fat milk.
Suhoor Meal	2 Starch 2 Meat 1 Vegetable 1 Milk 2 Fat 1 Fruit	2 slices of bread, 1 small loaf of Arabic bread (whole wheat), ¾ cup of rice or pasta. 1 boiled egg and 2 tbsp of low fat labna or cheese or ½ cup legumes * or 60 g of meat or chicken. 1 cup vegetables salad. ¾ cup low fat yogurt or 1 cup low fat laban. 2 tsp of vegetable oil for salad or cooking. 1 medium size apple or ½ medium size banana.

*If plant-based protein has been selected, the starch exchanges should be reduced.

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Healthy Meal Plan for Pregnant Women During Ramadan Holy Month (2500 Calories)		
Meal	Exchanges	Food Items
Iftar Meal Part 1 (After Magrib prayer)	1 Fruit 1 Milk 1 Fat + 1 Starch + 1 meat 1 Vegetable	3 small dates. ¾ cup of low-fat yogurt or 1 cup low-fat laban. 4 pieces of small beef kibbeh or 2 medium size baked sambosa with chicken or meat or cheese. 1 cup vegetable salad.
Part 2 (30 minutes after Magrib prayer)	3 Starch 2 Vegetable 4 Meat 3 Fat	1½ cups thareed, harees, madroba or 1 cup of makbos, biryani rice or pasta. 1 cup vegetable salad and ½ cup vegetable soup. 120 g of meat or chicken. 3 tsp of vegetable oil for salad or cooking.
Snack Meal #1 (After Tarawih prayer)	2 Starch + 1 Fat 1 Fruit	3 pieces luqaimat, 1 piece ktayef (medium size), 2 pieces of kanfasrosh (small size), ½ cups aseeda, sago or mahallebia. 1 medium size apple or ½ medium size banana.
Snack Meal #2	1 Milk 1 Fruit 2 Vegetable	¾ cup of low-fat yogurt or 1 cup low-fat laban. 1 medium size orange or pear. 2 cups vegetable salad.
Snack Meal #3 (after the midnight or Gabga meal)	2 Starch + 1 Fat + 1 Meat 1 Milk	2 tbsp Balaleet with honey and egg. 1 cup low fat milk.
Suhoor Meal	2 Starch 3 Meat 2 Vegetable 1 Milk 3 Fat 1 Fruit	2 slices of bread, 1 small loaf of Arabic bread (whole wheat), ¾ cup of rice or pasta. 1 boiled egg and 2 tbsp of low fat labna or cheese or ½ cup legumes * or 60 g of meat or chicken. 3 cup vegetables salad. ¾ cup low fat yogurt or 1 cup low fat laban. 1 tsp of vegetable oil for salad or cooking.

*If plant-based protein has been selected, the starch exchanges should be reduced.

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