Diabetes and fasting

Recommendations for fasting when you have diabetes.

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Fasting safely

Many people with diabetes choose to fast as part of their religious or spiritual beliefs. There are also other personal reasons why a person may want to fast. Fasting can be done in a safe way as part of healthy diabetes management. If you decide to fast, it is important that, before the fast, you speak to your doctor about how you can best manage your blood glucose levels.

Your doctor can advise you about changes to your medication, how often you monitor your blood glucose and your diet, or make nutritional recommendations for you to follow before and after breaking your fast. Your nutritional needs will be the same, but meal timing and when to break the fast will be important considerations.

Before you fast, speak to your doctor about:

The amount or type of insulin or medication you should take

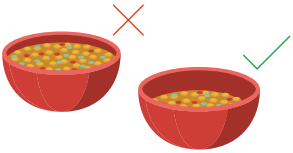
Checking blood glucose levels more often if you are on insulin

Diet and fasting recommendations

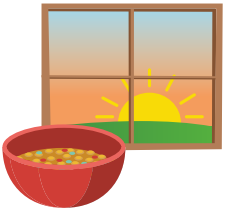
Before starting the fast, eat a meal of more slowly absorbed foods, such as basmati rice and dhal, along with fruit and vegetables

Avoid too many sugary or fatty foods

Eat smaller quantities of food when breaking the fast



Try to eat before sunrise when fasting for Ramadan



Keep to a balanced and varied diet

Avoid dehydration. After the fast, drink plenty of sugar-free and decaffeinated fluids

The information provided in this material is not intended as a substitute for the advice of a healthcare professional.

Consult your healthcare professional for advice on treatment or any specific questions you may have about diabetes.

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