



# BREASTFEEDING DIET WHILE FASTING TIPS



During the fasting days, take a daily dose of multivitamin with minerals.

Include more complex carbohydrate-rich foods such as wheat, oats, and lentils.



Prefer to eat brown rice and bread rather than white ones since the former can keep you full for longer and release carbs slowly.

Try to avoid caffeine and fatty and processed foods.



Try to eat more fiber-rich foods to slow down your digestion.

It is recommended that you use monounsaturated oils for cooking during this period.



As the fast ends, ensure to consume natural energy-rich foods, such as black dates, to regain energy faster.

## REFERENCES:

1. Breastfeeding FAQs; American Academy of Pediatrics, New Jersey Chapter Pediatric Council on Research & Education.
2. Fasting of pregnant women and breastfeeding mothers; International Baby Food Action Network.
3. Ramadan: pregnancy and breastfeeding; NCT.