

How to fast healthily during Ramadhan: Tips for nursing moms!



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Food for thought...

*Nourish the mother,
thereby the baby...*

- Based on clinical research by Nutrition experts



Before we go into fasting , let's talk about the importance of food

Principles of good nutrition

- ◆ According to Dr. Ruth Lawrence
..“*Lactation will not produce a drain on the mother if the amount of energy utilised and the requirement of any given nutrient is replaced in the diet.*”
- ◆ A mother should always strive for optimum nutrition in order to maintain good health



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Basically, a mother's health will not be affected as long as she eats well and maintains a healthy diet.

Do I need to maintain a perfect diet while breastfeeding?

The short answer to this question is NO – you do not need to maintain a perfect diet in order to provide quality milk for your baby. In fact, research tells us that the quality of a mother's diet has little influence on her milk. Nature is very forgiving – mother's milk is designed to provide for and protect baby even in times of hardship and famine. A poor diet is more likely to affect the mother than her breastfed baby.

Are healthy eating habits recommended for mom? Absolutely! You will be healthier and feel better if you eat well. Therefore, it is best for anyone to eat [a variety of foods, in close to their naturally-occurring state](#). Mothers must also be cautious when taking overly processed foods or those exposed to chemicals. This is important as contaminants do get passed on to your baby from the food you eat.

Nutritional Requirements

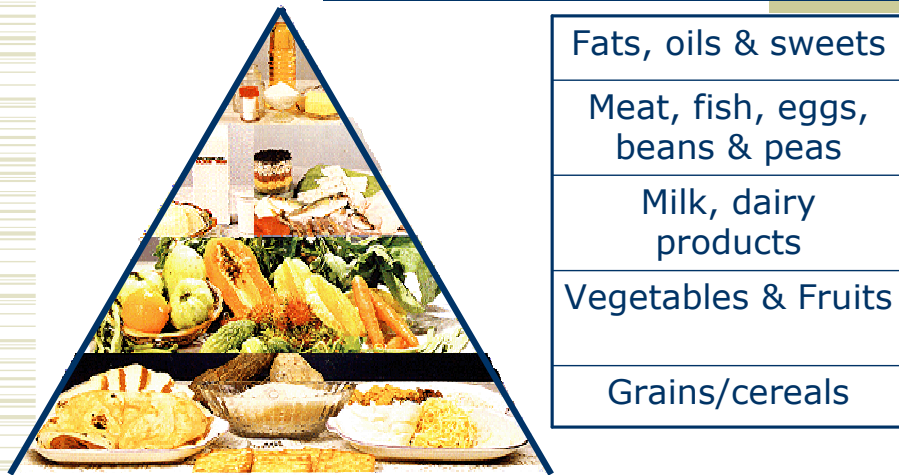
Nutrients	Normal	Pregnant	Lactating
Energy (Kcal)	2000	2350	2550
Protein (g)	41	54	65
Calcium(mg)	450	1200	1200
Iron (mg)	28	28	28
Vit. A (mcg)	750	750	1200
Vit. D (mcg)	2.5	10.0	10.0
Folic Acid (mcg)	200	400	300
Vit.C (mg)	30	50	50
Vit. B6 (mcg)	13	15.3	16.6

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RECOMMENDATIONS

- A nutritious diet includes a variety of foods. This guide will help you plan a nutritious diet.
- Drink fluids like milk, juice, soup or water when you are thirsty. A good way to remember to drink enough is to have a glass of milk, juice or water each time you breastfeed your baby.
- It is best not to diet while you are breastfeeding, but you can limit foods that are high in sugar and fat.
- Calcium is a very important mineral for breastfeeding women. Soya Milk is one of the best sources of calcium. If you don't like any form of milk, add cheese, another food source of calcium, to eggs, rice dishes, and macaroni. Other food sources of calcium are greens, dried beans, broccoli, almonds, sardines and salmon.

Food Pyramid



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FOOD GROUPS

Protein Foods (meat, Fish, eggs etc)

These foods are sources of B vitamins, iron, phosphorus, zinc and magnesium.

Animal Protein:

1 serving is:

cooked (boneless) poultry, fish, beef -2oz

tuna fish-1/2 cup

ground meat-1/2 cup

eggs-2

Vegetable protein:

1 serving is:

canned beans (garbanzo, kidney, lima, pork and beans)-1 cup

dried beans or peas-1 cup cooked

tofu (soybean curd)-1 cup

nuts-1/2 cup

peanut butter-4 Tbsp.

Milk and Milk Products

These foods are sources of protein, calcium, vitamin D, riboflavin and phosphorus.

1 serving is:

milk (whole, low fat, non-fat)-1 cup , cheese-1 1/2 oz. , ice cream-1 3/4 cup , yogurt (plain or fruit-flavored)-1 cup

Recommended Intake

Food Group	Normal	Pregnant	Lactating
Grains/cereals	11*	11*	12*
Fats, oils & sweets	10 tsp	10 tsp	10 tsp
Meat, fish, eggs, beans & peas	3	4	5
Milk, dairy products	1-2	2-3	2-3
Vegetables & Fruits	2	3	3-4

* No of servings



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Grain Products

These foods are sources of B vitamins, iron, phosphorus and zinc.

1 serving is:

- rice, cooked-1/2 cup
- cereal, cooked-1/2 cup, ready-to-eat-3/4 cup
- bread (white, whole wheat, rye)-1 slice
- pancake, waffle-1
- bagel, muffin, biscuit-1
- pasta, cooked-1/2 cup
- crackers-4-6

Vegetables and Fruits

1. Vitamin C rich fruits and vegetables

1 serving is:

- orange or grapefruit juice-3/4 cup
- tomato juice-1 1/2 cups
- Vitamin C-3/4 cups
- raw fruits and vegetables:
- orange-1
- cabbage family-1 1/2 cups
- tomatoes-2 medium

2. Dark green and dark orange vegetables are sources of folacin and vitamins A, B6, and E, and minerals.

1 serving is: 1 cup raw or 3/4 cup cooked:

Asparagus, spinach, broccoli, greens, lettuce (dark, leafy), carrots-1/2 cup, sweet potatoes, cabbage

3. Other vegetables and fruits contribute varying amounts of B vitamins Vitamin E, magnesium, phosphorus, zinc, and fiber

1 serving is 1/2 cup fresh, frozen, or canned.

Nursing mom's diet

- ◆ Eat a variety of food according to the food pyramid
- ◆ Eat more vegetables/fruits
- ◆ Eat more food rich in iron
- ◆ Eat more food rich in calcium
- ◆ Drink lots of fluids



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- Vegetables should always be eaten alone. Rule of thumb, eat it alone or leave it alone. Why? It takes at most 30 mins to exit your digestive system.
- If taken with other food, it will cause fermentation and interfere with the absorption of vital nutrients from the source
- In summary, it is not the amount of Calcium that is significant. Its your ability to absorb the calcium your ingesting and utilising it properly
- Rule of thumb. Drink when thirsty. Best to drink everytime you're feeding since most mother tend to forget.

What we take for granted

- ◆ The food that we take daily is filled with toxins eg. Pesticides, herbicides, GMO, chemicals, hormones etc
- ◆ These pollutants can enter your milk and get passed to your baby



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The advantage of breastfeeders is that the mothers can exert control over some of these ensnaring hazards. AND bear in mind that these contaminants are excreted more slowly in breastmilk than they are from blood

(Refer to notes on Slide No. 3)

References on how breast milk can be contaminated :

•**Healthy Milk, Healthy Baby**

Chemical Pollution and Mother's Milk (<http://www.nrdc.org/breastmilk/>)

•**Breast Milk Contaminated with Toxic Chemicals** (<http://www.health-report.co.uk/>) - Flame retardant chemicals used in industry and in the environment and on our clothes and our furniture are adding substantially to the chemical bodyload of everyone in Western countries. Like it or not your body is contaminated with these insidious chemicals. Our future is jeopardized by poisoning our most vulnerable citizens with contaminated breast milk direct from our own contaminated bodies. It is a disaster in the making! A recent study found "**We detected them in the body of every participant, regardless of their occupation, diet, or lifestyle.**"

Many of the contaminants in breast milk cannot be removed by short-term lifestyle changes. For example, a short-term switch to a low-fat, organic diet will likely not affect levels of DDT, dioxins and other persistent chemicals in a woman's breast milk. These chemicals must be addressed by stopping pollution at the source. Some of the contaminants, however, can and should be avoided by women -- mercury-contaminated fish and solvents in household products, for example.

Weighing all factors, scientists and medical professionals recommend a diet low in animal fats and high in organic fruits, vegetables, and grains. Such a diet is preferable for two reasons: first, supporting organic agriculture and eating less meat will help protect the environment and decrease the chemical load we impose on our children's children; second, pesticides and other chemicals that we do not currently even test for in milk could pose a risk to a breastfeeding mother and her child.

IMPORTANT: Remember that chemicals in breast milk are a problem that demands social action but not panic -- the levels in most people are not high enough to outweigh the hazards of infant formula

Best Food

Therefore, nutritional experts have advised to take "***food as close to their natural state as possible***"

(Betty Kamen, Ph.D)



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Healthy Milk, Healthy Baby Chemical Pollution and Mother's Milk

What Mothers Should Do

Although not the only means of exposure, your diet is an important factor in protecting your infant from chemicals in breast milk. You can avoid some -- but not all -- chemicals by being careful about what you eat.

- Despite the problems with persistent organic pollutants, nursing is still a better option than formula for the vast majority of women. Of course, it is important to consult with your doctor about your individual health needs. Generally speaking, however, women who are pregnant, who plan to become pregnant or who are breastfeeding, should:

Quit smoking or never start, and keep others from smoking in your house or car

Avoid alcoholic beverages

Avoid use of pesticides in the home and garden or on pets

Avoid exposure to solvents, such as paints, non-water-based glues, furniture strippers, gasoline fumes, perfume and nail polish

Avoid dry cleaners and recently dry-cleaned clothes

Eat a balanced diet low in animal fats and high-fat dairy products

Avoid fish that may have high mercury or PCB levels, such as swordfish, shark, tuna and locally caught fish (see NRDC's guide to [Mercury Contamination in Fish](#) for more information)

Eat **organically grown food**, if available

Think about it...

All mammals feed their young....



Are we sure that we are giving our baby the best?



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Because we've always been thinking about the baby and not the mother. Toxins absorption are significantly higher in the young. So it is in the baby's best interest to make sure that you take care of yourself and increase your general health status. Baby's detoxification system is still immature so the mother plays a vital role.

Examples:

- Allergens in cow's milk
- Caffeine
- Smoking

What you need to know about fasting..

- ◆ **Health Benefits** of fasting:
 - gives the digestive system a break
 - cleanses dead or diseased tissues
 - detoxifies the body
- ◆ Fasting is the natural way for self-healing



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So, why do we fast?

- As muslims, it is our obligation to fast and we have been fasting ever since we can remember. Fasting from the spiritual point of view makes us gain “taqwa” (an awareness of God’s presence), make us humble.
- Looking at health benefits of fasting. Western world have just realised the health benefits of fasting through research (they preach it now).
- 40% dr tenaga badan diguna utk mencerna makanan → bila berpuasa kita memberi kesempatan kpd badan utk berehat secara fisiologikal/secara menyeluruh → badan boleh:
 - mereputkan & membakar bahan2/tisu yg rosak, berpenyakit, tidak diperlukan eg bisul, ketumbuhan membaiki tisu
 - membuang toksin, air berlebihan, bahan buangan

Puasa akan membuatkan kita rasa bertenaga & mempunyai pemikiran yg jelas. Puasa tidak akan menjadikan kita lapar sbb badan akan gunakan simpanan gula, lemak sbg tenaga

Fasting and Breastfeeding: Challenges for nursing moms

- ◆ **Hunger pangs!**
- ◆ **Dizziness and Fatigue**
- ◆ **Low milk supply**



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With the month of Ramadan upon us it is useful and important to look at ways of trying to maintain a healthy diet whilst fasting. Fasting for 12 hours or more can lead to dizziness and fatigue and a lowering of metabolic rate as a means of conserving calories or energy especially for breastfeeding mothers. Here are some simple guidelines and tips to make sure that your diet remains balanced and healthy during this fasting period:

Fasting and Breastfeeding: Tips for nursing moms

- ◆ **Do not skip sahur!**
- ◆ **Focus on quality NOT quantity.** Its all about taking the right food to get the required nutrients
- ◆ **Drink sufficient fluids.** Avoid caffeine, soft drinks, tea. Caffeine will drain you off valuable minerals needed to sustain the fasting body during the day. It will also make baby irritable and wakeful



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- breakfast provides the essential energy and nutrients needed for concentration, while keeping hunger symptoms like headaches, fatigue, drowsiness and restlessness at bay. In addition, it speeds our metabolic rates. It is therefore vital to ensure an adequate intake at breakfast time.
- Fasting should not impact your milk supply. To cite an example, even during non-fasting days some mothers still experience low milk supply. But this may not be 100% related to food. More often than not, it has to do with demand.

Fasting and Breastfeeding: Tips for nursing moms

- ◆ **Eat enough carbohydrate foods - especially those rich in fibre**

These foods provide the body with energy. They are rich in B vitamins, and are an excellent source of fibre. Hi-fibre foods also fill you up more than low-fibre counterparts. Foods high in fibre include brown rice, wholegrains, fresh fruit and raw veggies



Fasting and Breastfeeding: Tips for nursing moms

- ◆ **Remember your fruits and vegetables:** Fruit and vegetables add colour and variety to the menu. They are "protective" foods as they help the body fight off sickness and disease. They are also rich sources of a variety of vitamins, minerals, and fibre, and are low in calories.
- ◆ Take supplements if need be



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•We all know that maintaining a balanced diet by eating healthily has a vital influence on one's well being. Try following the above principles so that this fast period does not sway too much from the principles of good nutrition.

Fasting and Breastfeeding: Tips for nursing moms

- ◆ **Maintain daily pumping session**
- ◆ **Feed or Pump more at night:**
 - pump at night before going to bed or while feeding your baby
- ◆ Pump in the morning before sahur (while your milk is in abundance). If baby is feeding from you then FEED and PUMP at the same time
- ◆ Best to drink fluids before a pumping session

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Feed or pump more at night (Drink a glass of warm water before a pumping session)

Pump at night before going to bed or while feeding your baby

Pump in the morning before sahur (this is when your milk is in abundance). If baby is feeding from you then feed and pump at the same time.

Bring along a packet of dates in your handbag. You never know when you might get stuck in some silly traffic jam and end up breaking your fast in the car. Make sure you have a bottle of water too! Upon arriving home, make sure that you break your fast first before attending to your baby (if possible).

Maintain your pumping time at work.

Fasting and Breastfeeding: Tips for nursing moms

- ◆ **Apply relaxation techniques** as much as possible during a feeding or pumping session
- ◆ If you're stuck in a traffic jam, make sure you have a bottle of water and some food (eg. dates) to break your fast with
- ◆ Try to **stock up** more now in preparation for ramadhan
- ◆ **Take milk boosters**

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And finally, pray and make doa that Allah will help you through...InsyaAllah you will prevail! Good luck and all the best!

•With the good nutritional practices advocated here, we hope you will maintain a healthy mind and body throughout this puasa season.



Thank you

**Have a healthy and
meaningful puasa**

