

Guidance for Participants on the NHS Low Calorie Diet Programme during Ramadan

This year you'll still be on Phase 2 of the **Momenta Diabetes Remission Programme** during Ramadan.

As you have diabetes, you're permitted not to fast as the Qur'an makes exceptions for people who are ill or have underlying medical conditions. However, you may still want to fast this Ramadan through your personal choice. If you do, it's very important ***that you fully understand the risks to your health*** and take appropriate action. So please read this guidance thoroughly before deciding to fast this holy month. **We encourage you to speak to your doctor and discuss the risks to your health before deciding whether to fast or not.**

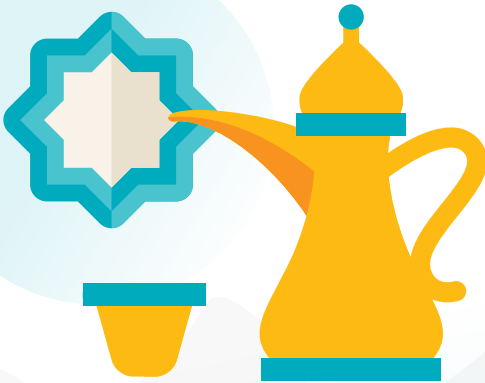


Key points

1. Fasting with diabetes can carry risk. This risk is higher if you're taking medications, have other health conditions or your diabetes is not well controlled.
2. Fasting with diabetes during the NHS Low Calorie Diet Programme could be more challenging. *Read on so that you're fully aware of the complexity and potential risk.*
3. **After reading this guidance, if you're still considering fasting in Ramadan you must seek advice from your GP.**
4. Irrespective of whether you fast or not you'll a need to think carefully about how you approach Eid al-Fitr and what you eat, taking into account which phase of the programme you're on at the time.

For participants in PHASE 2: REBALANCE

During this phase you'll *transition from consuming only TDR to reintroducing 'real' food* in a healthy way to maintain your weight loss from *Phase 1*.



Considerations for fasting during Phase 2

- This is a particularly challenging phase as you're learning to develop a new way of eating and healthy living. Fasting is likely to make it very difficult for you to develop the healthy lifestyle habits you need to sustain your weight loss.
- You may suffer intense and severe side effects, especially gastrointestinal discomfort, from reintroducing real food when you're also going for long periods without eating and drinking.
- It will be even more difficult to manage your medications safely. **If you're taking any medications you must speak with your GP for advice.**

Recommendations for fasting during Phase 2


You should only follow the guidance below after you've confirmed with your GP that it's safe and reasonable for you to fast during Ramadan.


Preparation


- You must monitor your blood glucose levels, and your blood pressure if we give you a blood pressure monitor, more closely than usual by testing at several times throughout the day. Talk to your GP about your plans. **Note:** *You will need to buy additional strips for your blood glucose meter or arrange for them with your GP.*
- Read **page 160** in your Momenta Workbook to understand the 'Stages for food reintroduction'. Know how you'll replace your TDR products and reintroduce real food while you're fasting.




Recommended pattern for Stage A of food reintroduction


-  **IFTAR:** 2 products (eg shake and a bar) + 750ml fluid


-  **ISHA PRAYER:** 1 product + 750ml fluid

-  **SUHOOR;** A main meal + 750ml fluid

Recommended pattern for Stages B and C of food reintroduction

-  **IFTAR:** A main meal + 750ml fluid

-  **ISHA PRAYER:** 1 product + 750ml fluid

-  **SUHOOR;** A main meal + 750ml fluid



TIPS

- ♥ Drink at least 2 litres of water and other low calorie fluids or try some of the drinks in your *Momenta Workbook* (pages 24-30).
- ♥ Refer to pages 164-191 in your *Momenta Diabetes Workbook* and reduce your TDR products and reintroduce only healthy balanced meals during this phase to prevent complications and to minimise weight gain and other side-effects.
- ♥ You'll also find suitable recipes for reintroduction in our *Momenta Recipe Book 2* <https://discovermomenta.com/diabetes-remission-1>
- ♥ Consider how you will make best use of your *Momenta High performance toolkit* (See pages 86-91 of your *Momenta Workbook*).



SHOULD YOU HAVE ANY SIDE-EFFECTS, FEEL UNWELL AND/OR YOUR BLOOD GLUCOSE LEVELS ARE LESS THAN 3.9 MMOL AND BLOOD PRESSURE READINGS ARE NOT NORMAL THEN YOU SHOULD BREAK THE FAST IMMEDIATELY AND CONTACT YOUR GP.