

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

This year Ramadan will run from April 12th to May 13th – when you'll still be on the **Momenta Diabetes Remission Programme**.

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 3: RETUNE

During this phase of the programme, you're learning to sustain your weight loss by *developing and adopting healthy lifestyle behaviours for the long term*.



Considerations for fasting during Phase 3

- ♥ You're learning to develop a new way of eating and healthy living. Prepare in advance by giving due consideration to how you will meet or adapt your goals and targets for healthy eating and active living.
- ♥ 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 3

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.*



Recommendations

- Drink plenty of water and other low calorie fluids or try some of the drinks in your *Momenta Workbook* (pages 24-30). Eat only healthy balanced main meals - as described in your *Momenta Workbook* pages 164-191.



- Consider how you'll make best use of your *Momenta High performance toolkit* (See pages 86-91 of your *Momenta Workbook*).



- You'll also find suitable recipes in our *Momenta Recipe Book 2*: <https://discovermomenta.com/diabetes-remission-1>
- Try to eat a meal just before the break of dawn when you commence the next day's fast. Make sure you include a high fibre source of starchy carbohydrate (also referred to as slow release or low glycaemic index), like basmati rice and dhal or beans, in your meals along with plenty of vegetables.
- When you break the fast eat a similarly well-balanced meal of modest portion size and avoid eating sweet or fatty foods.
- You may also find it useful to refer to information on the Diabetes UK website, including factsheets in English, Arabic, Urdu and Bengali developed in partnership with the Muslim Council of Britain's Diabetes Advisory Group <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan>
- Further information is also available on the International Diabetes Federation's website, with sections on [Diabetes and Ramadan \(idf.org\)](https://www.idf.org) and particular advice relating to Covid.