



How to Ramadan with T1D

Ramadan is one of the most sacred times in the Islamic calendar, marked by a month of fasting, reflection, and community. Muslims fast from dawn to sunset, beginning each day with Suhoor and breaking the fast at Iftar, and conclude the month with Eid al-Fitr, a celebration of prayer, gratitude, and renewal.

Children, pregnant women, and individuals with chronic medical conditions such as type 1 diabetes (T1D) are generally exempt from fasting. While fasting is a personal decision, many people with T1D choose to participate. With careful planning, close monitoring, and preparation for changes in sleep, activity, and meals, fasting can be done more safely.

Monitor blood sugar regularly

You need to check your blood sugar frequently, at least 4-6 times a day during Ramadan, especially before and after fasting or when symptoms of low glucose or high glucose readings arise.

If you use a CGM, monitor your glucose levels throughout the day. Continuous glucose monitor (CGM) provides real-time data that helps you make informed decisions about your fasting and insulin dosing. Stop fasting in the event of low blood sugar (<70 mg/dL), immediately consume 4 glucose tablets or 4 oz of juice, or ½ cup of regular soda. Seek medical advice in case of high glucose (>300mg/dl) with nausea, vomiting, or stomach pain.

Plan Ahead



6-8 weeks before Ramadan, consult your healthcare provider to plan safe fasting, including insulin adjustments to reduce hypoglycemia and post-meal hyperglycemia risk.



Work with a dietitian to develop a sustainable fasting plan aligned with your insulin regimen, glucose control, and overall health.



Do not skip insulin while fasting. Your provider may adjust dosing to lower the risk of DKA or severe hypoglycemia. If using an automated insulin delivery system, consider activity/exercise or temporary target settings.



Recognize fasting challenges with T1D. Consider speaking with an Imam or Islamic leader about alternative religious options.



Schedule a post-Ramadan follow-up with your healthcare provider to adjust medications as you return to your usual routine.

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit BreakthroughT1D.org.

Enjoy Your Meal

Suhoor (Pre-Dawn Meal): Choose high-complex carbohydrates (e.g., whole grains, oats, brown rice, whole-wheat bread) for slow digestion and steadier blood sugar. Pair with protein (eggs, yogurt, lean meats) and healthy fats (avocado, nuts) to increase fullness and support glucose control throughout the day.

Iftar (Post-Sunset Meal): Traditionally break the fast with something light, such as water and 1–2 dates. Follow with a balanced meal including lean protein, healthy fats, and high-fiber foods to help stabilize blood sugar after fasting.



Beverage Busters

Drink plenty of water between Iftar and Suhoor (non-fasting hours) to keep hydrated.

Opt for water, sugar-free, and decaffeinated drinks to avoid blood sugar spikes, dehydration and fatigue.

Movement and Mindfulness

Be mindful of your portion size and avoid large meals, especially those rich in refined carbohydrates and sugar, which can lead to glucose spikes.

Eat slowly and gradually introduce food. Listen to your body's hunger and fullness cues to prevent post-meal high blood sugar and digestive issues.

Consider adjusting your exercise routine as fasting can cause blood sugar to drop quickly. Low-impact exercise, like walking, is best done after Iftar.

Be prepared for emergencies

Let family members, friends, or those around you be aware of your diabetes so they can assist in case you experience low or high blood sugar episodes.

Always have glucose tablets, snacks, and your insulin supplies with you during Ramadan. If you are traveling, bring extra pump supplies and CGM sensors or blood glucose meter in case of T1D tech failure. Always break your fast if you feel unwell or if your blood sugar is too low or too high.

“Yes, I can eat that!” and “No, thank you.”

Enjoy a variety of dishes but keep your portions in moderation.

Choose baked, grilled, steamed, or stir-fried over deep-fried foods.

Created by Breakthrough T1D

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Ramadan Carb Count Guide

Ramadan is celebrated globally. This guide highlights common dishes and their carbohydrate counts. Carb counts may vary based on culinary traditions, ingredients and cooking practices.

Proteins

Beef, chicken, fish, lamb, turkey, eggs
any serving 0g

Non-starchy vegetables

Cooked spinach (palak), kale, Swiss chard, collard greens, eggplant
 $\frac{1}{2}$ c 5g

Starchy staples

Beshbarmak	100g	68g
Couscous	1c	36g
Fattoush	1c	11g
Fufu	1c	81g
Ketupat	1 rice cake	27g
Lagman	1 bowl	45g
Lentil soup	1c	20g
Msemen	1pc	39g
Nasi kerabu	$\frac{1}{2}$ c	17g
Paratha	1pc	36g
Plov	1c	35g
Rice pilaf with orzo	1c	45g
Roti jala	1 med	23g
Tabbouleh	1c	17g
Tandyr/Tandoori nan	1pc	45g
Turkish pide	1 slice	35g

Cultural staples

Biryani	$\frac{1}{2}$ c	15g
Bolani	1c	35g
Dolma	$\frac{1}{2}$ c	20g
Fesenjan	1pc	45g
Fruit chaat	$\frac{1}{2}$ c	45g
Ful medammes	1c	41g
Haleem	$\frac{1}{2}$ c	30g
Kibbe	1pc	10g
Maqluba	1c	31g
Samosa	1pc	24g
Shorba, lentil base	1c	31g
Shorba, meat base	1c	7g
Zaatar spring rolls	2 med	25g

PRO TIP!

Dates are a traditional food in Ramadan, often eaten first when breaking the fast. Their natural sugars provide quick energy but can cause blood sugar spikes, so it's best to enjoy them in moderation to avoid high glucose after a long fast.

Beverages

Amar al-din	1c	40g
Ayran	1c	5g
Coconut water	1c	9g
Jallab	$\frac{1}{4}$ c	45g
Lassi	1c	22g
Mohabbat ka sharbat	1c	25g
Rooh Afza syrup	30ml	38g
Sharbat-e khakshir	1c	32g
Shubat	1c	11g
Tamarind juice, no sugar	1c	27g
Turkish sherbet	1 cup	35g

Dessert

Baklava	1pc	29g
Boeber	1c	45g
Chebakia	1pc	13g
Dodol	1pc	26g
Falooda	1c	8g
Gulab jamun	1 small	23g
Halva	1pc	17g
Jalebi	1pc	29g
Kheer	$\frac{1}{2}$ c	17g
Kuih	1pc	17g
Kunafa	1pc	38g
Lgeimat/Luqaimat	1pc	9g
Maamoul	1 cookie	20g
Medjool dates	1 date, pitted	18g
Qatayef	1pc	18g
Sheer khurma	$\frac{1}{2}$ c	37g
Umm ali	1c	53g