



Ευρωπαϊκή Ένωση
Ταμείο Ασύλου Μετανάστευσης
και Ένταξης



BREASTFEEDING IN RAMADAN

HERE ARE SOME HELPFUL HINTS TO MAINTAIN A GOOD MILK SUPPLY

- Begin your fast at “suhoor” with a glass of 2 % milk, a bowl of fresh or cooked vegetables and a fruit along with a serving of lean meat and, pasta, or rice. In case of poor appetite, drink at least a glass of milk and eat a fruit.
- Rest frequently during the day and continue breastfeeding as usual. At “Iftaar” when you break your fast, eat fresh fruits and drink a glass of juice or milk shake. Limit deep fried foods and high fat pastries, sweet breads and desserts to not more than a serving.
- Let your dinner be like your “suhoor”. Be sure to include milk and vegetables.
- Avoid fried foods at “Suhoor” and “Iftaar” as they increase thirst, reduce your milk supply and make your fast uncomfortable.
- Limit caffeinated tea or coffee to 2 cups a day. Drinking too much tea or coffee makes you lose body water and increase thirst.
- Fruits and vegetables help prevent thirst, and maintain breast milk supply.
- As you know, Qur’an recommends that you breastfeed your child for two years. Consider postponing your fast if you fear your breast milk supply will drop.
- Breast milk will give your child a life time of health and intelligence.

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