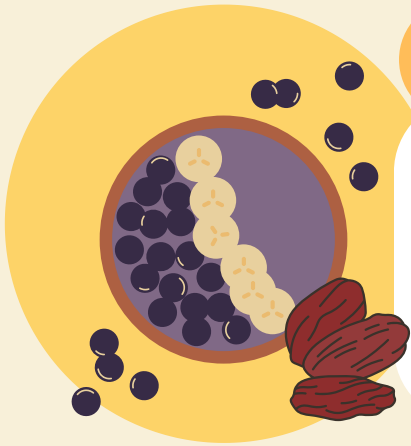


Diet during ramadan for pregnant or breastfeeding moms

Suhoor



- Paratha/ chapathi with desi ghee
- Lasi or fruit smoothie
- yogurt
- Dates
- or Alternatively Oatmeal bowl with fruits

Iftar

- Break the fast with dates
- Eat fruits/ fruit chat
- Fruit shake/ smoothie/ fresh juice
- Add one more healthy item to your table
- Do not eat oily food, it might cause acidity



Post iftar



- Have complete healthy meal as dinner
- Fiber rich vegetable salad
- Keep yourself hydrated
(8 to 10 glasses of water till sehri)

You can take, dates, milk, dry fruits or biscuits as a snack after dinner if required

