



The Effect Of Islamic Fasting On Breastfeeding

THE EFFECT OF
ISLAMIC FASTING
ON BREASTFEEDING

► The Effect Of Fasting On ◀ The Health Of Breastfeeding Mothers

In general, the effects of fasting on the health and metabolism of lactating women can be variable, although, in a study that examined the metabolic effects of fasting in lactating women, no significant difference was found in lactating women compared to non-pregnant and non-lactating women.

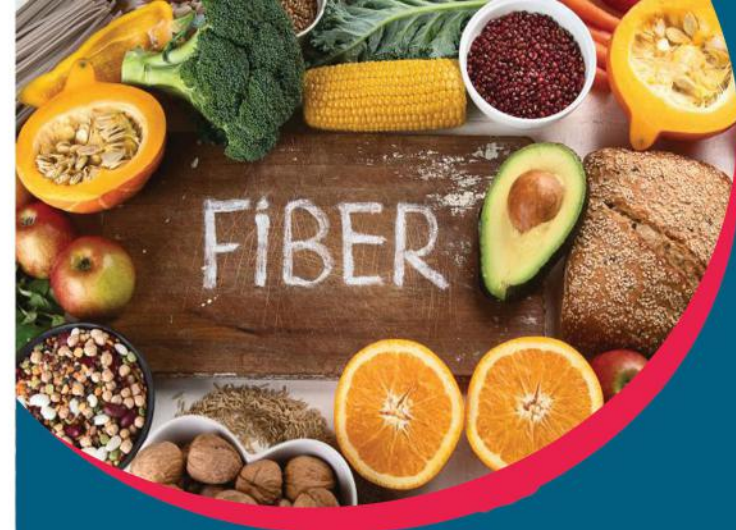
► Discussion ◀

In cases which the baby is still fully and exclusively breastfed, breastfeeding women are advised not to fast. This process naturally continues until six months of age.

Mothers living in hot climates, mothers with low economic status and inadequate nutrition, mothers breastfeeding twins or multiples, or mothers over the age of 35 should not fast because they are exposed to severe dehydration.

► Necessary Advice To Breastfeeding ◀ Mothers During Fasting

- Avoid caffeinated beverages, fatty foods, processed foods, and high-sugar carbohydrates.
- Use of saturated oils such as olive oil and canola oil in cooking
- Eat a balanced diet during Iftar and Sahar and avoid skipping meals



- Emphasize the consumption of carbohydrates that release energy more slowly, such as wheat barley, oats, millet, whole wheat flour, legumes, and lentils
- Consume plenty of fluids during the allowed hours
- Increase consumption of fiber-rich foods for slower digestion, such as fruits and vegetables, bran and grains

In general, mothers who decide to fast during breastfeeding should pay attention to the following points:

- Complete medical advice before fasting
- days of probation and continue it if no problem occurs
- In the case of fasting, frequent visits to pediatricians to assess the growth process of the infant and to evaluate the danger signs
- Awareness of signs and warnings



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Breastfeeding women may lose a maximum of one kilogram per week if they fast, and this amount often does not adversely affect milk secretion, although losing more than this amount and experiencing symptoms of severe dehydration should lead to cessation of fasting.

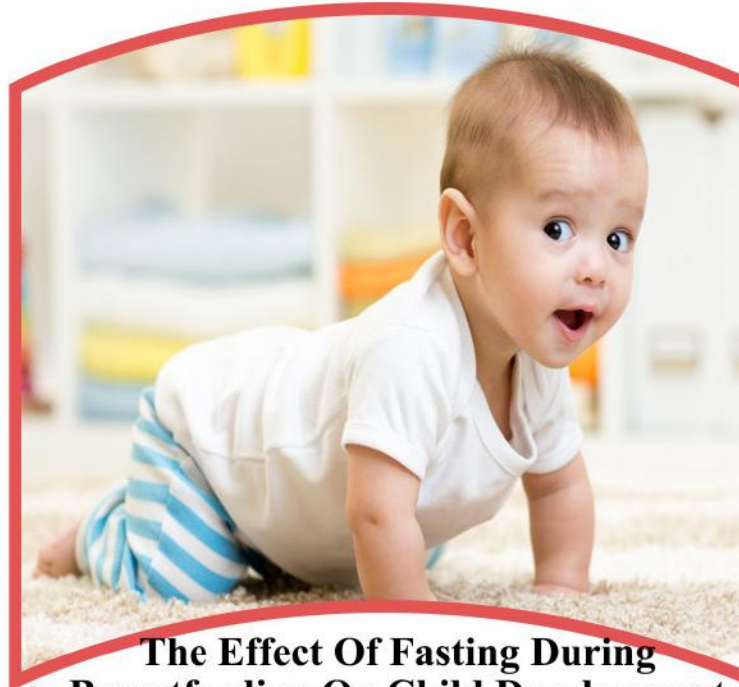


► The Effect Of Islamic Fasting ◀ On Breastfeeding

About 1.8 billion Muslims live worldwide, and women make up about 50 percent of the population, so the effects of fasting on a woman's natural physiology, including menstruation, marriage, pregnancy, and breastfeeding, have been extensively studied. Research on the relationship between maternal nutrition and lactation performance is limited to explaining the effects of malnutrition on milk composition.

► The Effect Of Fasting On ◀ The Volume Of Milk Produced

Some studies have shown that fasting does not affect milk volume.



► The Effect Of Fasting During ◀ Breastfeeding On Child Development

infants who are breastfed will have better physical and mental development than other infants with other feeding methods.

► The Effect Of Fasting On ◀ Breast Milk Composition

After reviewing about 102 studies on the effect of the mother's diet on the composition of secreted milk, it has been shown that the mother's diet, especially the fatty acids of some macronutrients, including fat-soluble vitamins B and C with the content of this materials are involved in the production of milk produced. It has been shown that the levels of compounds such as magnesium and potassium in breast milk are significantly reduced.