

21-DAY FASTING SUGGESTIONS FOR PEOPLE WITH DIABETES



Always consult a healthcare professional before starting any fasting plan, especially if you have diabetes or other health conditions. This plan focuses on partial fasting, emphasizing low-glycemic foods and balanced nutrition.

CAN I FAST IF I HAVE DIABETES?

Yes, you can fast with diabetes, but it's important to do so safely.

The suggested type of fast for those with diabetes is a **partial fast**.

A **partial fast** includes adjusted meals designed to maintain blood sugar levels.

WHAT CAN I EAT?

ENJOY

VEGETABLES

LEAFY GREENS
BROCCOLI
ZUCCHINI
BELL PEPPERS
CAULIFLOWER
CUCUMBERS

FRUITS

(low glycemic)
BERRIES
GREEN APPLES
GRAPEFRUIT

PROTEINS

GRILLED CHICKEN
FISH
TOFU
EGGS
LEGUMES
LENTILS

WHOLE GRAINS

QUINOA
BROWN RICE

AVOID

SUGARY FOODS
SUGARY DRINKS
PROCESSED SNACKS
REFINED CARBS
FRIED FOODS
PROCESSED FOODS

ADDITIONAL TIPS

1. **Monitor** blood sugar levels regularly, especially before and after meals.
2. **Adjust** portion sizes based on your body's response.
3. Stay **active** with light exercises like walking or stretching for 20–30 minutes daily.
4. **Rest** well—aim for 7–8 hours of sleep to support overall health.
5. Seek **support**—pray with a group or a fasting partner.



HOW TO FAST FOR THOSE WITH DIABETES

Understanding Fasting

Fasting is a powerful spiritual practice, but if you have diabetes, it's important to fast in a way that honors both your spiritual growth and your physical health. This guide will help you approach fasting safely and meaningfully, ensuring stable blood sugar levels while deepening your connection with God.

Fasting is about setting aside physical needs to focus on spiritual growth, prayer, and deepening your relationship with God. Whether you're fasting for guidance, healing, or to seek God's presence, remember that fasting is not about deprivation but devotion (Matthew 6:16-18, Isaiah 58:6-9).



CHOOSE A SAFE TYPE OF FAST

- **Modified Daniel Fast**
- **Intermittent Fast**
- **Non-Food Fast**

Modified Daniel Fast: Focus on eating vegetables, legumes, whole grains, nuts, seeds, and low-glycemic fruits. Avoid processed foods, sugars, and refined carbs.

Intermittent Fast (with small meals): Eat small, balanced meals every 4–6 hours. This ensures blood sugar stability while giving time for reflection and prayer.

Non-Food Fast: If dietary restrictions make food fasting difficult, consider fasting from something other than food, like social media, TV, or other distractions.

PREPARE YOUR BODY AND HEART

Prepare your body for the change:

- Plan your meals ahead of time.
- Focus on foods that won't cause sudden spikes in blood sugar.
- Drink plenty of water throughout the day.
- Avoid drastic changes and make gradual adjustments in your daily meals.

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Prepare your heart with spiritual nourishment :

- Spend intentional time in **prayer**, asking God to sustain and strengthen you.
- Meditate on **Scriptures** about faith, healing, and God's provision.
- Use **worship** as a way to draw near to God and renew your spirit.
- **Journal** prayers, insights, and reflections on your fasting journey.



7 KEY TIPS FOR DIABETICS DURING FASTING

1. Monitor Your Blood Sugar Regularly.
2. Pay attention to your body and know when to stop.
3. Start and end the fast gradually.
4. Stick to healthy, balanced meals to maintain stable blood sugar levels.
5. Stay active with activities like walking or stretching.
6. Rest well and aim for 7–8 hours of sleep to support overall health.
7. Lean on God: When fasting feels difficult, pray for strength and guidance.