

Meal times for individuals with Diabetes



- Individuals with diabetes are recommended to have **regular meal times** every day.
- For persons on regular insulin treatment and certain oral diabetic medications (i.e., sulfonylureas such as glipizide, gliclazide, glimepiride, tolbutamide), **it is especially important not to skip or delay meals.** This is to prevent the risk of hypoglycaemia (low blood sugar level).
- **You should consult your doctor if you are planning to fast or change your meal times for a prolonged period of time** (e.g., religious reasons such as Ramadan), as your diabetic medication may have to be adjusted accordingly.