

Table S1. Energy intake recommendation and carbohydrate exchange distribution during Ramadan

Energy intake (kcal/day)	1200	1500	1800
Recommended group	Women with height <150 cm (weight loss)	Women with height <150 cm (weight maintenance), or women with height >150cm (weight loss/maintenance)	Men (weight loss/maintenance)
Carbohydrate exchanges	10	12	14
Distribution between meal times			
<i>Suhoor</i>	3	4	5
Snack 1	2	2	2
<i>Iftar</i>	3	4	5
Snack 2	2	2	2

Table modified from IDF and DAR International Alliance Guidelines [2]

Snack 1: a small snack before *Iftar* (also called “Mini *Iftar*”)

Snack 2: pre-bed snack, typically taken after *Taraweeh* prayer

Table S2. Daily energy intake distribution during Ramadan

Mealtime	%TEI
<i>Suhoor</i>	30-40
Snack 1	10-20
<i>Iftar</i>	30-40
Snack 2	10-20

%TEI, percentage from total energy intake

Table S3. Sample menu for one day

Energy intake distribution	1200 kcal/day	1500 kcal/day	1800 kcal/day
<i>Suhoor</i> (30-40%TEI)	Fried rice with egg <ul style="list-style-type: none"> • Brown rice, 1 cup • Egg, 1 whole • Carrot and long beans, 1 cup Vegetable salad <ul style="list-style-type: none"> • Lettuce, tomato and cucumber – 1 ½ cup DSF , 3 ½ scoops + 120 ml water (~400 kcal, 3 CHO exchanges)	Fried rice with egg <ul style="list-style-type: none"> • Brown rice, 1 cup • Egg, 1 whole • Carrot and long beans, 1 cup Vegetable salad <ul style="list-style-type: none"> • Lettuce, tomato and cucumber – 1 ½ cup DSF , 7 scoops + 210 ml water (~530 kcal, 4 CHO exchanges)	Fried rice with egg <ul style="list-style-type: none"> • Brown rice, 1 ½ cup • Egg, 1 whole • Chicken breast, 1 piece (40g) • Carrot and long beans, 1 cup Vegetable salad <ul style="list-style-type: none"> • Lettuce, tomato and cucumber – 1 ½ cup DSF , 7 scoops + 210 ml water (~685 kcal, 5 CHO exchanges)
Snack 1 (10-20%TEI)	Dragon fruit DSF shake <ul style="list-style-type: none"> • Dragon fruit, 3 slices (94g) • DSF, 3 ½ scoops + 120 ml water (~195kcal, 2 CHO exchanges)	Dragon fruit DSF shake <ul style="list-style-type: none"> • Dragon fruit, 3 slices (94g) • DSF, 3 ½ scoops + 120 ml water (~195kcal, 2 CHO exchanges)	Dragon fruit DSF shake <ul style="list-style-type: none"> • Dragon fruit, 3 slices (94g) • DSF, 3 ½ scoops + 120 ml water (~195kcal, 2 CHO exchanges)
<i>Iftar</i> (30-40%TEI)	Rice with side dishes <ul style="list-style-type: none"> • Brown rice, 1 cup 	Rice with side dishes <ul style="list-style-type: none"> • Brown rice, 1 ½ cup 	Rice with side dishes <ul style="list-style-type: none"> • Brown rice, 2 cups

	<ul style="list-style-type: none"> • Spanish mackerel curry, 1 piece (66g raw) • Pak choi, cooked, 1 cup • Stir fried tofu (1 piece, 64g) and beansprouts (1/2 cup) Kiwi , 1 whole (100g) Plain water (~375kcal, 3 CHO exchanges)	<ul style="list-style-type: none"> • Spanish mackerel curry, 1 ½ piece (99g raw) • Pak choi, cooked, 1 cup • Stir fried tofu (1 piece, 64g) and beansprouts (1/2 cup) Kiwi , 1 whole (100g) Plain water (~530kcal, 4 CHO exchanges)	<ul style="list-style-type: none"> • Spanish mackerel curry, 1 ½ piece (99g raw) • Pak choi, cooked, 1 cup • Stir fried tofu (1 piece, 64g) and beansprouts (1/2 cup) Kiwi , 1 whole (100g) Plain water (~710kcal, 5 CHO exchanges)
Snack 2 (10-20%TEI)	Roti jala <ul style="list-style-type: none"> • <i>Roti jala</i>, 2 rolls • Dhal curry, ½ cup (90g) Plain water or tea/coffee without sugar , 1 cup (~215kcal, 2 CHO exchanges)	Roti jala <ul style="list-style-type: none"> • <i>Roti jala</i>, 2 rolls • Dhal curry, ½ cup (90g) Plain water or tea/coffee without sugar , 1 cup (~215kcal, 2 CHO exchanges)	Roti jala <ul style="list-style-type: none"> • <i>Roti jala</i>, 2 rolls • Dhal curry, ½ cup (90g) Plain water or tea/coffee without sugar , 1 cup (~215kcal, 2 CHO exchanges)
Total CHO exchanges	10	12	14

%TEI, percentage from total energy intake; CHO, carbohydrate; kcal, calories; DSF, diabetes specific formula

Roti jala: A popular Malaysian snack typically served with curry; similar texture with soft crepe
 DSF: 3 ½ scoops constitute 1 exchange of carbohydrate

Table S4. Ramadan nutrition plate composition

Plate composition	Details
¼ Carbohydrates	<ul style="list-style-type: none"> • Includes rice, noodle, bread, grain, grain products • Choose whole-grain, high fiber, and low in GI carbohydrates
¼ Protein	<ul style="list-style-type: none"> • Includes fish, chicken, beef, and plant protein • Choose lean beef/poultry cuts • Choose low fat cooking method
½ Vegetables	<ul style="list-style-type: none"> • Includes non-starchy vegetables such as carrot, tomatoes • Eat vegetables before carbohydrates
Soup or gravy	<ul style="list-style-type: none"> • Choose low fat cooking method
Fruit	<ul style="list-style-type: none"> • Choose fresh fruit or dates
Water	<ul style="list-style-type: none"> • Choose plain water • Reduce intake of caffeinated drink