



GOING **FWD** FORWARD

FRIENDS WITH DIABETES



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רעים מתוקים

FRIENDS WITH DIABETES INTERNATIONAL



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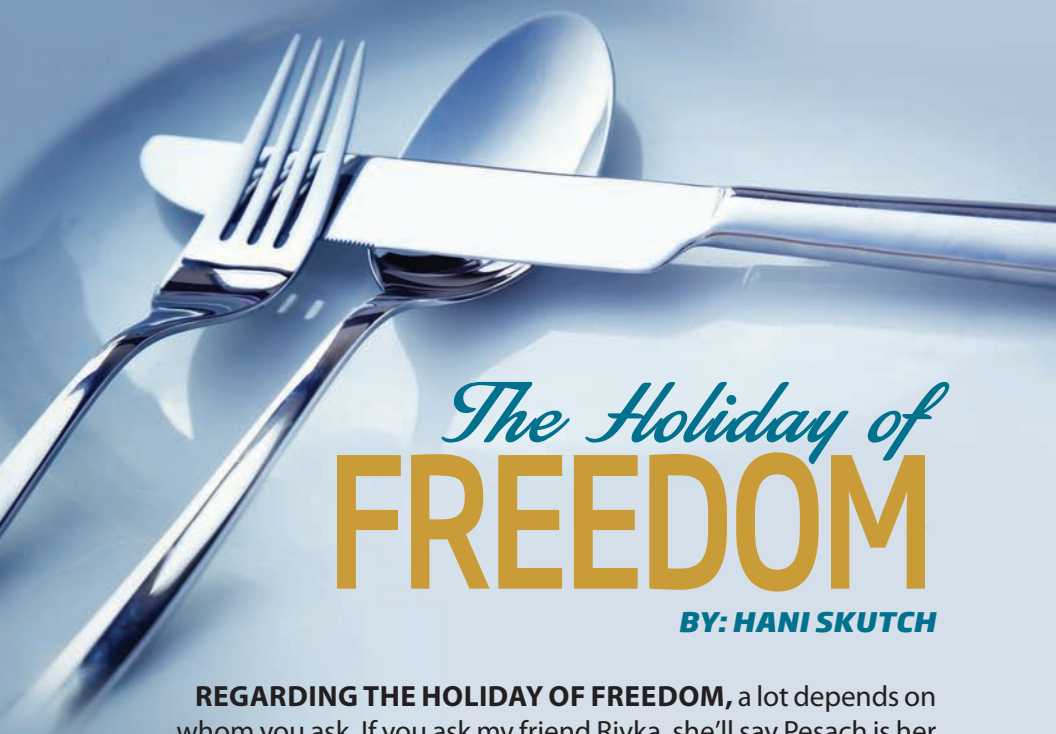
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The Holiday of **FREEDOM**

BY: HANI SKUTCH

REGARDING THE HOLIDAY OF FREEDOM, a lot depends on whom you ask. If you ask my friend Rivka, she'll say Pesach is her favourite Yom Tov, with memories of long Seder nights spent singing with her family. If you ask my husband, he'll tell you he loved the holiday as a child. His Pesach memories revolve around the special holiday china his mother brought out and the festive atmosphere felt throughout the house. Ask my friend Devorah and she will mention the extra Pesach cleaning with a sigh, but then will quickly talk about the warm memories she has from her childhood and the ones she is creating for her children today.

If you ask me for my memories and feelings about the holiday, they are different today than they would have been even one year ago. In the past, I would have talked about the potato chips. And the candy and other treats – all the unhealthy, high-carb things I ate during Passover. I would have spoken about baking and recipes and searching for treats. I would have mentioned the Purim to Pesach 10, the 10 pounds I typically gained every year in the 30-some days between to the two holidays.

For many years, those were the things I focused on, the food I could get, the food I couldn't get, the desserts, the weight. While others might have focused on the holy, my thoughts about Pesach were centred on the yummy.

THE POINT ISN'T TO PROVIDE A LIST OF **LOW-CARB KOSHER-FOR-PASSOVER FOODS** WITH RELIABLE HECHSHERS.

Instead, I would like to advocate a different approach to Pesach eating.

The Spiritual: It's not about the Food.

I am not a rabbi or spiritual advisor of any kind; but I can say with deep understanding and conviction that Pesach isn't supposed to be about the food. While my friends' happy memories certainly include the special dishes their mothers prepared, that isn't where their positive memories end. Food was a part of the holiday, not the whole of it. Of course we all know people who somehow miss the deeper meaning of the holiday. There are those who throw themselves into the mitzvah of removing chametz so hard that they lose touch with the spiritual side, too. So, really, my message is for all of us out there who need a friendly reminder to stop the emphasis on eating and cooking (and shopping and cleaning) and to start upping their connection to Hashem and the meaning of the holiday. Here it is:

DROP YOUR SPATULA NOW.

No one is saying you should go hungry or not have properly prepared food in your house. But I am suggesting that you gently bring your focus back to the holiday. Lecture over.

OK, BUT WHAT DO WE EAT?

I live in Eretz Israel, with different foods here than found in North America and Europe, year round and for Pesach. But even so, the point isn't to provide a list of low-carb kosher-for-Passover foods with reliable hechshers. Instead, I would like to advocate a different approach to Pesach eating.

Following my years of subsisting on Passover high-carb treats, I discovered something truly amazing last year: it is completely possible to eat well on a low-carb diet during Pesach. And it is easier and less expensive, in addition to being healthier, than frantically running about searching for all those kosher-for-Passover special treats. The trick?

Back to Basics.

If you are like most low carbers, you do very well on protein, fat,

and vegetables, and protein, fat, and vegetables are perfect for Pesach. Add in some fruit, dairy products, and nuts, if you like, and you have the perfect low-carb food plan.

Of course you will want to consult with your local Orthodox rabbi and physician to figure out what you can eat at the Seders, but as soon as the first days of Yom Tov are over, you can eat as few carbs as you like. You don't have to eat matzo. If you don't eat bread during the year, there is no reason you need to eat matzo except at the Seders as part of the mitzvah of the holiday.

Base your Pesach meals around a protein, just as you do year round. Breakfasts featuring eggs, dairy, and fish are all good choices. Add your favourite veggies or fruit, and you can soon cross breakfast worries off your list. One of our favourite breakfasts is a cottage cheese, egg and fruit "pancake," a mixture of 4-5 eggs, 1 cup cottage cheese, a small amount of chopped fruit like apple, a bit of oil and sweetener fried in a thin layer in a frying pan. Oil the pan, pour in the batter, then flip and cook for another 1-2 minutes when set. Top

with cinnamon and a pat of butter. Makes 5-6 servings. During the year this is excellent with a low-carb syrup or jam, but when those products aren't available, the simple, unadorned dish is simply delicious.

Another favourite egg-based meal is Hani's Crustless Quiche. Add 6-9 eggs, ½-1 cup cottage cheese, 1 thinly sliced onion, a few ounces (any amount is OK, really) assorted cheese shredded or chopped into small dice, salt, pepper, ¼-½ cup milk, ¼-½ cup oil, and your choice of additional spices or herbs. Pour into an oiled, shallow casserole and bake at 350 degrees until browned on top and set, about 30 minutes. This is the most versatile dish around. You can add vegetables if you like, anything from mushrooms to spinach, sweet potatoes to zucchini, and if the cottage cheese isn't super fresh, it is still a great addition. Don't have cottage cheese? No problem. Omit it or substitute any soft white cheese or yogurt.





Baked chicken, broiled hamburger or grilled fish are great lunch and dinner proteins. Don't have your favourite low-carb condiment? Then relish in the taste of unmasked meat.

An easy-to-prepare meat option is Meatball Loaf. Prepare ground meat of your choice (turkey or chicken are excellent) the way you do meatloaf: adding raw egg, chopped onion, and seasoning if you like. Make balls from the mixture and place them, touching, in an oiled baking dish. Top with vegetables and seasoning of your choice: tomato sauce, chopped mushrooms, chopped peppers and onions... since there are 100s of yummy variations, it really doesn't matter. Let what you have on hand dictate your toppings. Bake until cooked through. Add veggies or a salad, and you're good to go. But what if you don't eat too many low-carb veggies during Pesach? OK, no veggies.

No one is advocating you eschew vegetables year round, but the point is: We are talking about eight days.

The same way we all give up leavened products, we low carbers can give up treats and prepared sauces, bars, and all the other low-carb extras many of us eat throughout the year. For even while the low-carb dressings and jellies are indeed low carb, they do have some – and chances are good they have as many processed ingredients as they do natural ones. We can go back to basics for these eight days, concentrating on our health and ridding ourselves of our dependence on treats.

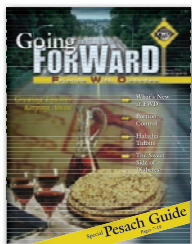
Certainly the low-carb treats available during the year can drive away boredom and make eating on the run easier. But in the face of a holiday where many of our customary foods aren't available, we don't have to rely on high-carb indulgences for support. We will survive without both low- and high-carb treats, and focusing on the basics for the eight days of Pesach might even feel like a kind of freedom. ■

Hani Skutch is a wife, mother, sister, daughter, writer and stand-up comedian living and eating low-carb in Rehovot, Israel.

PESACH LINKS



OVER THE PAST FIFTEEN YEARS, FWD has published a wealth of information to help you manage your diabetes on Pesach. We meticulously covered Matzah and wine; we discussed everything from medications to hypoglycemia on Pesach. For your convenience, we have compiled a listing of all our Pesach articles, so that you can more easily access the information you need. All articles are available on our website and can be downloaded from www.friendswithdiabetes.org/files/pdf/



**PUBLISHED
YEAR: 5762**

FILE NAME:
pesachenglish.pdf

Original Pesach Guide

This is THE original Pesach guide, with everything you need to know covered under the following titles:

Be Prepared

The K'zaisim

Pesach Tips

The Four Cups

Pre-Pesach Checklist

Carb Content of Wine and Grape Juice

Recipes

Carbs in Pesach Cookies and Cakes



**PUBLISHED
YEAR: 5764**

**List of Carbs in Wines
FILE NAME:**
pesach5764.pdf

Revised Wine Chart

FILE NAME: RevisedWineChart.pdf



**PUBLISHED
YEAR: 5767**

FILE NAME:
pesach5767.pdf

Preparing for Pesach... FWD Style

Practical tidbits on The Four Cups, in fun-to-read question and answer form.



PUBLISHED YEAR: 5768

The Nutrition Facts Are In... See the most accurate, lab-generated nutritional values for hand matzos.

Matzah Mathematics A thorough dissection of the shiurim (halachically-required portion sizes) of matzah, enhanced with many diagrams.

FILE NAME: pesach5768.pdf

Shiurim and Nutrition Facts for Gluten-Free Oat Matzos

FILE NAME: oatmatza.pdf



PUBLISHED YEAR: 5769

FILE NAME: Pesach9.pdf

Wine carb counts A fascinating presentation on the best way to count carbohydrates in wine, and a listing of the carb counts of many popular wines. Also includes updated and more accurate carb counts for grape juice.

Delicious and healthy Pesach foods A dietician and cookbook author shares her recipes and ideas.



PUBLISHED YEAR: 5770

FILE NAME: Pesach10.pdf

The Short and Sweet on Hypoglycemia

All about low blood sugars, with special emphasis on treating lows during Pesach.



PUBLISHED YEAR: 5771

FILE NAME: Pesach5771.pdf

Why is this night different? First-person pointers to help you plan for a stress-free Pesach experience. (Also includes a copy of our essential chart on the carb counts and portion sizes of matzah and wine.)

Fruits on Pesach so you can choose wisely and count correctly.

YIDDISH:

Original Pesach Guide in Yiddish

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the last page will print first.*

פסח ה'ו נכונים

די כזיתים מצה

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ד' כוסות

הכנות לפסח ליסטע

FILE NAME: pesachyiddishdinkadimah.pdf

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Eggs (Yiddish)

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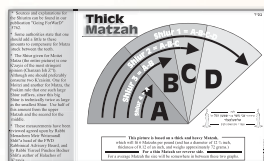
Actual-Sized Diagrams of K'zayis Matzah

Just lay your matzah on our helpful diagram and cut to size!

Important notes:

To ensure graph accuracy, print **ONLY** on legal paper (8.5 by 14), set to landscape. Make sure to **UNCHECK** the following settings in the print dialog box: "Shrink oversized pages to paper size" and "Expand small pages to paper size" and "Auto rotate and center pages". If you leave them checked Adobe will change the dimensions of the graph, which will give you false amounts for the Shiurim.

Diagram for Thick Matzah (6 Matzahs per pound)



English version:

FILE NAME: thickenglish.pdf

Hebrew Version:

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Diagram for Thin Matzah (9 Matzahs per pound)



English version:

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Hebrew Version:

FILE NAME: thinhebrew.pdf

PUT UP **A PLAN** *for* PESACH SEDER

By D. Burack

Managing blood sugars throughout Pesach Seder and the next 8 days can be a challenge. Yet it's a challenge that has already been tackled and overcome by many. Rather than re-invent the wheel (or redesign the ka'ara, if you will), I turned to FWD members to share their helpful experiences and tips with the rest of us. And then a very rare event in conversations about personal diabetes control occurred ... everyone who responded gave the same exact advice!

All responses stated emphatically that the best way to handle diabetes during the Seder is to rely upon the detailed outline of shiurim for matzah and wine, researched and published about 12 years ago, by Rabbi Meisels and FWD. One member summed it up, "When you set the Seder table, leave a spot next to the ka'ara for another precious Pesach item - the FWD shiurim guide. And laminate it first, so it lasts!"

In keeping with the honored advice of FWD members, here is

a basic review of these original Pesach guidelines, enhanced by the voices of personal experience.

Plan Ahead

As with all of the cleaning, and hustle and bustle leading up to Pesach, it pays to be organized with your diabetes needs too. To help you along, we've taken the first step of the prep for you and outlined the main issues to be considered in advance.

- 1} Know your carb counts, and you'll be countless steps closer to stable sugars during the Pesach Seder. Before the pace of life picks up, take some time to fill in Chart A, printed below.
- 2} Consult with your endo or CDE for assistance with any changes you may need to make with your pump settings or insulin regimen.
- 3} Contact your Rav to discuss the shiurim that you should follow for matzah and wine/grape juice, or how you should dilute the four cups with water.

CHART A	AMOUNT OF CARBS	TIME	BOLUS/INSULIN DOSE & TYPE
EVE SNACK			
FIRST CUP			
SECOND CUP			
MOTZI MATZAH			
KORACH			
THE MEAL			
AFIKOMAN			
THIRD CUP			
FOURTH CUP			

Final Countdown

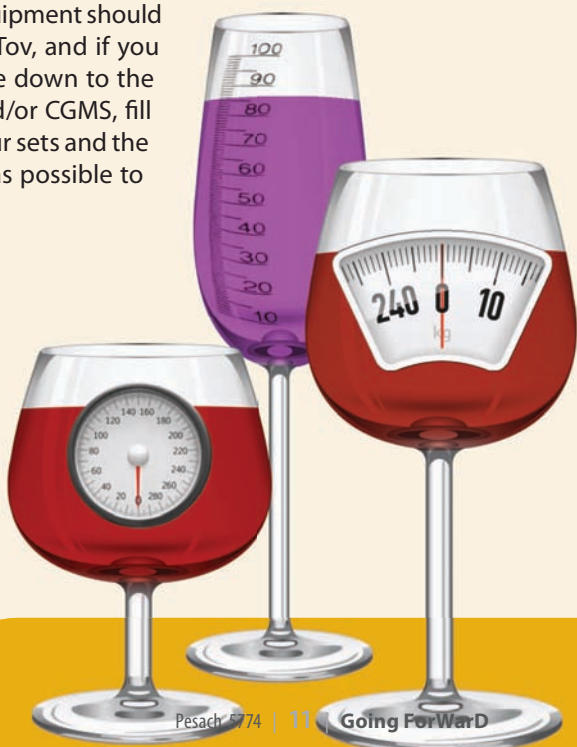
Erev Pesach has arrived, and it tends to be a crazy day of noshing here and there on whatever is available. Yet the more bg fluctuates on erev Pesach, the harder it is to keep in control later in the evening during the Seder. Some members said that they are therefore particular to eat a meal rich in complex carbs before sof zman achilas chametz, even if it means eating outdoors on a park bench. The rest of the day is then spent eating proteins and vegetable or fruit snacks.

Medical supplies and pump equipment should also be prepared before Yom Tov, and if you haven't done it yet, now you're down to the wire. So if you use a pump and/or CGMS, fill your reservoirs, and change your sets and the batteries as close to Yom Tov as possible to prevent any problems.

Seder Summary

INSULIN AND MEDICATIONS:

In general, insulin doses and timing must match the schedule of your Seder. Basal rates and long-acting doses can generally be kept the same. Yet expect to bolus or take insulin right before eating/drinking



– assuming your bg isn't running low. When you take insulin for the second cup, you should also count in carbs for the matzah and meal about to be eaten.

Additional insulin may be needed to cover afikomen and the third and fourth cups of wine. Yet be sure to check your blood sugar before taking more insulin, and pay careful attention to any IOB (unused insulin) in your body when computing your dose.

After the Seder, check your bg before going to sleep. Some FWD members have found their sugar to be surprisingly high, due to insufficient insulin for the final cup of wine or grape juice. In addition, the slowly digesting matzah eaten earlier may have just hit your bloodstream. If bg is indeed high-first check IOB and then take a correction dose.

THE FOUR CUPS:

Not all wines are equal - the carb counts can differ vastly. Gavriel M. researched wines well before purchasing them for his Seder table. He experimented with several low carb options that suited both his budget and his taste buds. In the end, he settled on Cabernet Sauvignon, and found it worked well for him.

Be sure to purchase appropriate wine or grape juice. Discuss the shiurim with your Rav, and how to dilute your particular wine with water. In general, wines with a strong flavor can be mixed with 1/3 parts water, and weaker flavored wines can be mixed with 1/4 parts water. Prepare a dilution in advance in a separate bottle.

Wine or grape juice? That's one of the most popular questions asked.

As alcohol prevents the liver from producing glucose, it can also reduce bg levels. Therefore if you are taking insulin, it may be advisable to use grape juice for the first cup, which is drunk on an empty stomach, and bolus accordingly. However, with type 2 diabetes, it may be preferable to drink wine (rather than grape juice) even for the first cup, in order to avoid spiking blood sugars. Yet this also depends upon your particular oral medication, as some meds are incompatible with alcohol.



This is a topic to be discussed in advance with your physician and Rav.

After a few years of trial and error, Pinchas L., with type 1, developed a reliable regimen. He raises his basal rates by 50% for his 4 hour Seder, and then drinks a 5 oz cup of regular (not diluted) grape juice for each of the 4 cups – bolusing accurately for the carbs. With this method, he finds that his bg control remains stable throughout the night.

Sometimes the simplest point is the one most overlooked. Measure the size of the cup that you'll be using! One FWD member shared that she had everything calculated in advance and knew the carb counts of her wine perfectly, but only realized later – when her bg was soaring, that her Pesach cups were wider than she had remembered.

Even when you take pains to measure and count, and to use low carb wine or diluted grape juice, elevated bg readings may surprise you. The culprit of those high sugars is sometimes rather amusing:

Years ago, when we experienced the first Pesach Seder after our son's diagnosis (he was four years old), we thought everything was going great, and then we got a shocking bg reading of over 400. We couldn't figure out why, as we had been weighing and measuring everything carefully. We

washed his hands and checked again, and b"H, his bg was in the normal range. Turns out we had used the finger that he had dipped in grape juice for the makkos! I'm so glad we waited and confirmed the reading before giving a correction dose, or we would have spent the whole night feeding him!

MATZAH:

Once you have a kosher l'Pesach place in your house where you feel comfortable taking some matzahs out of their box – weigh them! This is the most reliable way to compute carbs and know how much to bolus. The FWD guidelines to various matzah shiurim are indispensable to this task.

In addition (to state the obvious), make sure you have a food scale that is kosher for Pesach, and ideally non-electric, so that it can also be used on Yom Tov.

Matzah is converted to glucose at a much slower rate than challah or bread. This can be dealt with either by taking extended boluses, or

**... we
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OVER
400!**

taking insulin immediately before eating and not in advance. “I always hear friends with diabetes complain about how their sugars run high for the whole Pesach. But I’ve found the opposite problem. I’m always running low after meals,” says Binyamin, who pumps to control type 1. “I discovered that a square wave bolus is best for my body when I eat matzah, because it better matches the time needed for matzah to digest.”

Last Pesach was Gershon’s first Pesach with type 2 diabetes. Intolerant of oral meds, he is on an MDI insulin regimen. Months before Pesach, he became concerned with how and when to take insulin and manage his bg during the Seder. “I experimented with some shmura matzah to see how much insulin I would need to handle a whole matzah, and [with trial and error] I was able to determine an accurate carb-insulin ratio to keep my sugars stable,” Gershon said. “During the Seder, I took several shots of insulin and tested several times to be sure my bg was OK, especially since I was stacking insulin to some degree. According to the carb ratios I had figured out in advance, I took a small dose before Kiddush, more before the matzah... For the meal, I tasted everything served – but mini-mized carbs. I took

more insulin before afikomen – but I was extra careful not to overdo it because I didn’t want to go low late after the Seder. My blood sugars were fairly good throughout the whole night.”

What to put in Your Pockets?

“Every year I get a laugh out of how many jelly beans and bags of sugar cubes I clean out from my jacket and purse pockets before Pesach,” said Raizel. For those who are accustomed to toting winkies, glucose tablets or other candies in their pockets as a handy way to treat hypos, Pesach demands finding a new sugary choice. Many of the favorites are either kitniyos or chametz.

While the array of fast-acting carbs for treating lows are plentiful during the year, convenient options are more limited on Pesach. Some members suggest kosher for Pesach marshmallows or home-made meringue cookies, while others find a cup of grape juice (approximately 16 gm carb) to be the best way to raise bg quickly. You can also measure teaspoons of table sugar into small bags to carry around (one tsp sugar = 4 gm carb).

A Proper Perspective

While all of these Pesach guidelines and shared advice are impor-



tant and extremely helpful, it's also important to keep everything in the proper perspective. Perl N. shared that one year as Pesach approached, she was increasingly anxious and worried about how to keep her bg in control. She consulted with her CDE for help and was advised: Stay calm and just do your best. One or two nights, or even a week, aren't going to have any long-term effects, but the stress alone could bring blood sugars up to the roof!

So when you put together your checklist of tasks to get done before Pesach, jot down "diabetes plan" – and then use this information to help tick off that box. Just as you will enter Pesach chametz-free, we hope that these tips and instructions will allow you to take a seat at your Pesach Seder feeling stress-free about diabetes control. ■

FROM THE MEISELS PESACH TABLE: PESACH FOOD TO FILL UP ON

Don't be fooled into thinking that the only substantial foods to eat on Pesach are matzah and potatoes, or potato starch based dishes. Rebbetzin Meisels shares some of her scrumptious kosher for Pesach bestsellers:

Seasoning:

Grind a large quantity of white onions and zucchini, mix with shmaltz and cook well. This mixture can be used as a flavorful spice additive to all chicken, meat, chulent...etc...

Main Dish:

Stuff capons in advance with above mixture, and freeze. Before Yom Tov, put the capons into the oven for a few hours, and enjoy a fresh, gourmet meal.

Side Dish:

An attractive way to prepare fresh cooked vegetables is to peel them and cut into long, thin slices. This works well with carrots, kohlrabi (an excellent low carb alternative to potatoes!), onions and zucchini. These vegetable strips can either be fried in shmaltz, or steamed. Or sprinkle them with oil and salt, and bake in the oven covered on 400 F, one hour, then uncover for 15-20 minutes to add a crispy texture.

Salads:

CUCUMBER SALAD is a winner with all ages! For the first days of Pesach, we peel about 80 Kirby's, and add sliced onions, lemon juice, sucralose and salt to taste.

KOHLRABI COLE SLAW: peel and slice kohlrabi, mix with thinly sliced carrots (cut with thinnest blade of food processor), so that you have approximately 1 lb. of salad mixture. Add ½ cup water, 2 TBSP lemon juice (or vinegar), artificial sweetener equivalent of 7 Splenda packets, pinch of salt and 5 TBSP (homemade) mayonnaise.

BEET SALAD: peel and cook beets in water until soft. Slice into oval shapes, add long thin slices of raw onion. Season with lemon juice and artificial sweetener.

Soup:























Thick and tasty Vegetable Soup: boil ground onions and zucchini in water, keep on the flame for a long time until mixture is thick. This is used as the soup thickener. Add cubed carrots, potatoes and kohlrabi to the pot, with salt to taste. For a lower carb soup, eliminate the potatoes. 10 minutes before serving, add cubed zucchini to the pot, so it doesn't overcook and get too soft or mushy. For a fleishig option: add chicken bones or neck for a more hearty flavor.

Desserts:

PINEAPPLE MOUNDS: a nice dessert idea is to layer a slice of fresh pineapple beneath a scoop of mashed cooked sweet potato and apples.

Our favorite dessert is NATURAL BAKED APPLES, no additives! Sweet apples will secrete their own syrupy juices while baking, 350 F for an hour and a half, uncovered until soft. Pour the juice from the bottom of the pan back onto the apples after baking.

Matza Portions for The Seder

		HAND SHMURAH MATZA					MACHINE MATZA	
	SHIUR IN WT.	6 per lb.	7 per lb.	8 per lb.	9 per lb.	10 per lb.	14/15 per lb.	SHIUR IN WT.
MOTZI MATZA מוציא-מוצה	29g	38% 	45% 	51% 	58% 	64% 	96%/1 MATZA 	31g
KORACH כורך	11.2g	15% 	17% 	20% 	22% 	25% 	37/40% 	12g
STRINGENT SHIUR FOR KORACH	16.7g	22% 	26% 	29% 	33% 	37% 	55/59% 	17.9g
AFIKOMEN אפיקומן	21.9g	29% 	34% 	39% 	44% 	48% 	72/77% 	23.4g

Carbohydrates in One Matza

MATZA TYPE	HAND SHMURAH MATZA					MACHINE MATZA
	6 per lb.	7 per lb.	8 per lb.	9 per lb.	10 per lb.	14/15 per lb.
WHITE WHEAT	60g	52g	45g	40g	36g	26/24g
WHOLE WHEAT	54-51g	46-44g	40-39g	36-34g	32-31g	19-18g
SPELT	50g	43g	36g	33g	30g	25/23g

The Four Cups of Wine

LARGE SHIUR:

5.1 ounces

Drink most of this amount, or 2.7 ounces, for each cup.

SMALL SHIUR:

2.9 ounces

Drink most of this amount, or 1.5 ounces, for each cup.

(For the fourth cup a full רביעית (2.9 oz) must be consumed so that a *bracha acharona* may be recited.)

MIXING WINE WITH WATER:

Strong-flavored wines (like Classic Red wine and dark grape juice) can be mixed with 1/3 water. Weaker-flavored wines (like Kedem Cream wines and light grape juice) may be mixed with 1/4 water.

