

Eating Pachos M'kshiur on Yom Kippur

The Five-Minute Clock

If your Rav and your doctor have ruled that you may not fast a full day, you eat and drink pachos m'kshiur — less than the amount halacha counts as “eating.” Two rules make it work:

- Food:** up to one small schnapps cup (about 1 oz / 25–30 cc) each time. Wait 9 minutes between eating.
- Drink:** less than a cheekful (under 40 cc — half a mouthful is certainly less). Wait 5 minutes between drinking.
- Together:** at one sitting you may eat the allowed food and drink the allowed drink.

Start on the hour. Then alternate: every ten minutes eat and drink; in between, drink only.



RED minutes
eat the allowed amount
and drink the allowed amount

GREEN minutes
drink the allowed amount only

10:00

Eat and drink

10:05

Drink

10:10

Eat and drink

10:15

Drink

10:20

Eat and drink

10:25

Drink

10:30

Eat and drink

...and so on, every five minutes.

Before the fast: measure the cup you will use — some “one-ounce” cups hold more. Prepare portions in advance.

If you are low: a sweet drink is the preferred choice. If sugar and ketones are high, there is no shiur for drinking.

If it is urgent: the waiting times can be shortened — ask your Rav beforehand what applies to you.

A picture guide: The Halachos of K'zayis by Rabbi Yisroel Pinchos Bodner (Feldheim) has full-size photos of a k'zayis of common foods. A k'zayis is less than the Yom Kippur shiur (ככותבות), so any amount pictured there is permissible. English and Hebrew editions; in seforim stores and on Amazon.

A memory aid, not a psak. The shiurim and waiting times above follow the common practice; your own Rav decides.

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