



How to Hanukkah with T1D

Holidays with T1D may take a little extra planning, but it's important to remember that it's just one day (or, in this case, 8 nights). You don't have to miss out on the fun, food, and festivities of the celebration. Enjoy your time with family and friends. You've got this.

Plan Your Day



You'll have a heavier meal in the evening, but be sure to eat normally throughout the day.

Skipping meals during the day can result in lows, followed by overeating and then high blood sugar, so:



- Have a balanced breakfast. Start your day with a small meal that includes whole grains, fruit, vegetables, and some type of lean protein.
- Eat a balanced lunch and possibly a snack, so that you won't be starving when you smell those latkes frying!



If you are preparing the meal, experiment with different vegetable latkes (zucchini, carrots, beets, and even cabbage can make for a colorful assortment). Try air-frying some for a latke that won't elevate your blood sugar for 8 crazy nights!



Work with your healthcare team to come up with the best holiday insulin dosing plan for you. They may recommend basal changes, dosing insulin earlier for meals, and adjusting carb ratios during times of extra food and activity.

Monitor blood sugar regularly

Fried foods create a longer duration for carb absorption—leading to longer periods of high blood sugar. Let your family know that you may have to step away for a moment to help manage your blood sugar.

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit [BreakthroughT1D.org](https://www.BreakthroughT1D.org).

Enjoy your meal



Enjoy some of the available proteins. A bowl of matzo ball soup will take the edge off your hunger before the latkes and sufganiyot come out!



Are you Team Applesauce or Team Sour Cream? Make sure you know whether the applesauce is sweetened or unsweetened—the carb counts are very different!

Stay active and stay hydrated



Remember that light to moderate activity can help bring down your blood sugar. Fire up your favorite Hanukkah playlist for a dance party between dinner and dreidel!



Stay hydrated by drinking water. Hydration has been shown to help manage blood sugar.



Be prepared for emergencies

Bring your T1D kit, which should include your blood glucose meter, extra insulin, and fast-acting glucose sources. If you are traveling, bring extra pump site changes and CGM sensors in case your T1D tech fails.

“Yes, I can eat that!” and “No, thank you.”

Let the well-meaning “food police” know that having T1D doesn’t mean you can’t have the foods you love; it just takes a little more planning.

Have friendly boundaries around family offering you food you may not want.

Ask for a to-go container instead of eating more than you want or need to feel satisfied.

Created by Breakthrough T1D



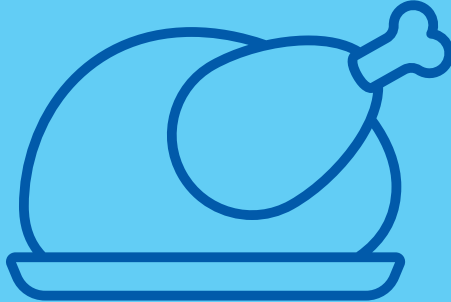
Hanukkah Carb Count Guide

Light the menorah, spin the dreidel, count the carbs! Traditional Hanukkah foods are higher in carbs and fat, which can lead to longer-lasting elevated blood glucose readings, but with a little planning (and an extra glass of water or two), you can enjoy Bubbe's latkes and more!

Proteins

any size serving, 0 carbs

Brisket (without sauce)
and Roast Chicken



Starches

Potato Latke (3" round, 1/2" thick) 15g
Challah 1oz 20g
Matzo Ball Soup 1c 15g
1 Matzo Ball 6g
Noodle Kugel (2" square) 23g
1 Cheese Blintz 12g

Toppings

Applesauce (sweetened) 1/2c 23g
Applesauce (unsweetened) 1/2c 13g
Sour Cream 2 tbsp 2g

Sweets

1 Sufganiyot 33g
Rugelach 1oz 17g
1 Gelt 4g

Wine

Red or White 5oz 4g

PRO TIP!

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