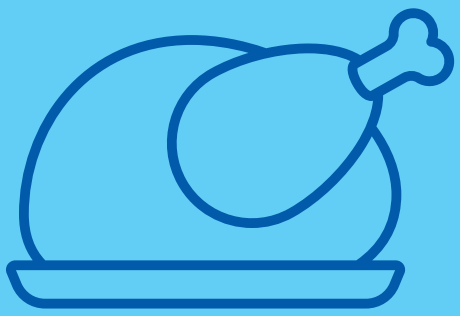
Hanukkah Carb Count Guide

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, ½" 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)	½c	23g
Applesauce (unsweetened)	½c	13g
Sour Cream	2 tbsp	2g

Sweets

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

Wine

Red or White	5oz	4g

PRO TIP!

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.

Breakthrough T1D™ Formerly JDRF

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