



How to Easter with T1D

If you celebrate Easter, this is a time for family gatherings and traditional foods the entire family loves. You can enjoy every bit of this special time of year and manage your blood sugar, too. Here are some helpful tips when navigating Lent and Easter. You've got this.

Fasting Safely

Check with your healthcare team if you plan to fast. You may need to adjust basal insulin based on your healthcare provider's recommendations.

Remember, hydrating is essential when fasting.

If you are fasting, monitor your blood sugar often:

- Before fasting, check blood sugar to ensure you are starting at a safe range (about 80-180 mg/dL, also dependent on individual targets).
- During fasting, monitor blood sugar every 2-4 hours. Check immediately if you feel signs of low blood sugar, such as dizziness, weakness, shakiness, or confusion.
- After you break your fast, check 1-2 hours after eating to monitor potential spikes, and be sure to check again before going to bed!

Plan Ahead

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.

Plan for sweet treats and traditional carb favorites. Pair sweets with fiber—and protein-rich foods to slow glucose spikes.

Move and hydrate!



Consider movement with the entire family at the park, outside, or wherever you can get a few more steps in for the day. Avoid sitting at the food table and staying sedentary during the celebration.



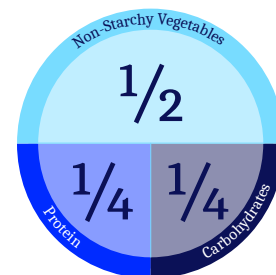
Stay hydrated. It's easy to stay busy hunting for Easter eggs with family or playing other games; however, don't forget to sneak in some water. Drinking water helps metabolize glucose and bring blood sugar numbers down.

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**.

Enjoy your meal

Help keep blood sugar in check by aiming to make your plate $\frac{1}{2}$ non-starchy vegetables, $\frac{1}{4}$ protein, and $\frac{1}{4}$ carbohydrates



Fill your plate with

Roasted turkey or chicken

Roasted lamb, goat, or lean pork

Grilled salmon or cod with stewed tomatoes, olives, and capers

Ham without the honey or brown sugar (*if possible*)

Deviled eggs

Non-starchy vegetables like roasted Brussels sprouts, green beans, grilled asparagus, salads, carrots, or collard greens

Lentil, chicken, or black bean soups/stews

Add these traditional favorites last on your plate as they are higher in carbohydrates:

Flatbread (like Injera)

Potatoes including potato salads, mashed sweet or white potatoes, or scalloped potatoes

Macaroni and cheese

Biscuits or cornbread

Stuffing

Glazed vegetables

Sweet or spiced bread

Leche Flan

Chocolate eggs and other sweet candies

Banana pudding, carrot cake, or peach cobbler

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.

Be mindful when eating around family. Often, family shows love by serving you large portions of food. Decline unwanted food and offer to take favorites home for leftovers.

Created by Breakthrough T1D in Partnership with EatWellExchange



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Easter Carb Count Guide

Eating mindfully, planning, and enjoying the holiday without focusing only on food are great ways to maintain healthy blood sugars during Easter. These handy carb counts will help you avoid the guesswork and enjoy your holiday!

Proteins

any size serving, 0 carbs

Roast beef or lamb, ham (unglazed), roast chicken or turkey, hard-boiled egg

Easter Staples

Mashed potatoes or potato dishes

1c 30g

Stuffing

½c 20g

Macaroni and cheese

1c 38g

Roasted carrots (no glaze)

½c 5g

Dinner Roll

1 pc 20g

Biscuit

1 pc 27g

French Toast

2 slices 45g (plus syrup)

Croissants/pastries

1 pc 35g

Fruit salad

½c 12g

Carrot cake

1 slice 50g

Peach cobbler

½c 25g

Iced sugar cookie

1 cookie 25g

Easter basket favorites

Milk chocolate hollow bunny

⅓ of 30z bunny 17g

Jellybeans

15 pc 30g

Marshmallow Peeps

1 pc 8g

Cadbury Creme Egg

1 egg 24g

Reese's

Peanut Butter Eggs

2 eggs 18g

Whoppers Robin Eggs

6 eggs 24g

PRO TIP!

Sweets such as jellybeans and marshmallow Peeps can make fun low snacks. Portion them into small snack-sized zipper bags in 15g servings and tuck them away.

