



How to Passover with T1D

Holidays with T1D take a little extra planning, but you can still enjoy your favorite Passover foods and the opportunity to gather with family and friends. The only thing you'll be missing is the leavened bread! Enjoy your time during this annual tradition. You've got this.

Plan Your Day



Depending on the days you will be attending or hosting a Passover Seder, you may 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 the aromatics of the matzo ball soup!



If you are preparing the meal, experiment with different protein options for the main course, along with vegetable-focused side dishes (zucchini and carrots can make for a colorful vegetable kugel, along with roasted sweet potatoes, which have more fiber than white potatoes). Because matzo still contains carbs, pairing your matzo with a protein during the meal can help keep your blood sugar levels from rising.



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 adjustments to carb ratios during times of longer than usual spaced-out meals and activities.

Monitor blood sugar regularly

Be mindful of dishes with flour substitutes, which may increase or decrease the need for insulin. Let your family know that you may have to step away for a moment to 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.

Enjoy your meal



Enjoy some of the available proteins. The hard-boiled egg and charoset on the Seder plate offer great sources of protein to keep hunger at bay before the flourless chocolate cake comes out!



Planning to have wine or grape juice during the Seder? Make sure you are mindful of the sugar in each and ask your host if a lower-sugar grape juice is available—or better yet, bring your own!

Stay active and stay hydrated



Remember that light to moderate activity can help bring down your blood sugar. Looking for the hidden matzo (aka the afikomen) can be an easy way to get up and move your body—with a potential prize if you discover it!



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



Breakthrough T1D HQ



@BreakthroughT1DHQ



@BreakthroughT1D



Breakthrough T1D



@BreakthroughT1D



Breakthrough T1D

Passover Carb Count Guide

Settle in for the telling of the story, the singing of songs, the asking of the Four Questions (and the Fifth Question, "Can you eat that?"), and a treasured time with family and friends. With a little planning, T1D doesn't need to interfere with any cherished traditions!

Proteins

any size serving, 0 carbs

Brisket (without sauce),
Roast Chicken, and
Hard-boiled egg

Be sure to count carbs
for these foods:

Seder

Charoset 2 Tbsp 8g

Matzo 1 sheet 25g

Maror (horseradish) 1 Tbsp 3g

Dinner

Gefilte fish (sweet) 1 piece 8g

Matzo ball soup

1c soup + 1 matzo ball 19g

Potato kugel 3-inch square 32g

Sweets

Flourless chocolate cake

1/16 of 10" round 30g

Chocolate toffee matzo

2" square 11g

Coconut macaroons 1 piece 12g

Chocolate macaroons 1 piece 12g

Ring jellies 2 pieces 21g

Jelly fruit slices 2 pieces 23g

Wine and Drinks

Sweet wine 5oz 19g

Grape juice 5oz 19g

PRO TIP!

A light snack before arriving at the Seder will keep your blood sugar from dipping as you dip karpas into salt water!

