



How to Enjoy High Holidays with T1D

Holidays with T1D may take a little extra planning, but it's important to celebrate with your family and honor your traditions. You can enjoy every bit of this special time of year and manage your blood sugar, too. Here are some helpful tips when navigating Rosh Hashanah and Yom Kippur. If you will be fasting during Yom Kippur, be sure to check out the “Fasting Safely” section for tips just for you. You've got this!

Plan Your Day

You'll be having heavier meals 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 delicious food!

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 extra food and activity.

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

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.



You may want to **consume water**, even if otherwise fasting. Dehydration can lead to hyperglycemia and may make post-break-fast blood glucose difficult to manage.



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!

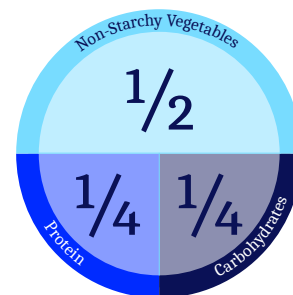
With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

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.

Add the non-starchy vegetables and protein to your plate first before adding the high-carbohydrate traditional favorites like bagels and potatoes.



Stay active and stay hydrated



Consider activities with the family at a park, outside, or wherever you can get a few more steps in for the day. If you attend services during the morning, take an afternoon walk to get some fresh air and movement in.



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 that you may not want; often, family shows love by serving large portions of food.

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

Created by Breakthrough T1D

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