



How to Diwali with T1D

Diwali, also known as the Festival of Lights, is celebrated globally by millions of Hindus. The celebration spans five days, with each day holding special significance. Diwali is a time for family, friends, and celebration, marked by delicious food and the sharing of love and warmth. The festival's traditional sweets, known as mithai, are a central and cherished part of the festivities. Traditional dishes served are sweet, rich, and savory. Just like any holiday, it can be difficult to eat healthy. However, if you plan accordingly and be mindful of the portions, you can still enjoy the celebration while supporting your blood sugar management.

Enjoy your Meal

Before filling your plate, assess all the options and choose what you truly want to eat. Get a variety of food and keep it in small portions so you can enjoy multiple. This way, you may enjoy multiple favorite dishes without large glucose spikes. Prioritizing protein and non-starchy vegetables can help prevent glucose spikes and stabilize your blood sugar.

Monitor blood sugar regularly

Check your blood glucose regularly to see how foods affect your levels and adjust insulin as needed. High-fat foods can delay glucose rises, while sugary foods can cause rapid spikes.

Use your CGM trend arrows if available to guide decisions about activity or insulin dosing.

Plan Ahead



Do not skip meals. Try to eat a healthy and balanced meals throughout the day prior to heading to the festivities, so you're not overly hungry when it begins.



Plan to prepare a dish that is low in sugar and fat. Simple swaps, like baking instead of frying or **using nuts/dates to sweeten**, can lighten traditional favorites without losing flavor.



Offer to bring a **healthy dish to share**, ensuring there are options that align with your dietary needs and support your blood sugar.



Consult your health care provider or your diabetes care team to plan an insulin regimen that will suit your need for the extra food and activities you plan to do. If you use a CGM, insulin pump, or hybrid closed-loop system, ask how to best adjust your insulin safely.

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).



Breakthrough T1D®

Formerly JDRF

Beverage busters

Be careful when consuming alcohol. Always check your glucose before drinking. Pair it with food to reduce the risk of hypoglycemia.

Opt for sugar-free beverages if available to prevent glucose spikes. For traditional favorites like chai, try unsweetened or lightly sweetened versions. Otherwise, check nutrition labels and limit beverage intake to 15 grams of carbohydrates.

Movement and mindfulness

Be active. Music and dance are a big part of the Diwali celebration. Moving and dancing after meals is enjoyable and can help lower your glucose.

Get involved. Participate in family games and group activities to stay moving and connected.

Eat mindfully. Practice portion control and mindful eating to help manage blood sugars while still enjoying festive foods.

Celebrate together. Enjoy the social side of the holiday—food is just one part of the celebration, along with lights, music, and togetherness.



Be prepared for emergencies

Bring your T1D back-up kit, including your blood-glucose meter, extra insulin, and fast-acting glucose sources. If you are traveling, bring extra pump supplies and CGM sensors, in case your T1D tech should fail.

Let a close family member or friend know how they can support you if you experience a low or high blood sugar episode during the festivities.

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

Diwali foods can be enjoyed by making smart choices about your portion size. Enjoy desserts in small portions and savor each bite.

Choose grilled, roasted, steamed, toasted, or baked over oily or fried preparations.

Created by Breakthrough T1D in partnership with EatWell Exchange



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Diwali Carbohydrate Counting Guide

Diwali is celebrated across India and the world. Foods vary by region. This guide highlights common dishes, but individual traditions may differ.

Starches/Grains/Legumes/Starchy Vegetables
(one serving = 15 grams of carbohydrates)

FOOD	SERVING SIZE
Adai	¾ of 6" diameter
Aloo Gobi	1 c
Appam	8" diameter or 28 g
Avial	¾ c
Biryani/pulao	½ c
Bisi bele bath	⅓ c
Dalia	½ cup cooked
Dhansak	½ c
Kaddu	½ c
Matki usal	½ c
Muthia	⅓ c
Papadum	2 of 5" diameter
Paratha	½ of 5" diameter or 39 g
Pav	1 sm
Pesarattu	8" diameter
Poha	⅓ c
Puri	1 pc of 5" diameter
Rava idli	3" diameter
Thalipeeth	4" diameter
Thepla	6" diameter
Upma	½ cup cooked
Uttapam	4" diameter

BEVERAGES	QUANTITY
Aam Panna	1 c 32 g
Chaas	1 c 7 g
Kesar Badam Milk	1 c (100g) 13 g
Lassi	1 c 22 g
Masala Chai, unsweetened/plain	1 c 0 g
Thandai (Kesar)	1 c 45 g
Turmeric Latte	1 c 22 g

Traditional Diwali Foods (Mithai and Chatpata),
carbohydrate content varies per serving:

FOOD	SERVING SIZE
Aloo Tikki	1 c 18 g
Badam Burfi	1 pc (30g) 15 g
Banana chips	1 oz 15 g
Besan barfi	1pc (44g) 26 g
Chiroti	1 pc 23 g
Chivda	½ c (30g) 17 g
Coconut barfi	1pc (45g) 29 g
Dhodha burfi	34g 17 g
Gulab Jamun	1pc (50g) 40 g
Halwa	½ c 17.5 g
Jalebi	½ c 30 g
Kachori	1 pc 8 g
Kaju Barfi	1 pc 10 g
Kaju Katli	1 pc (19g) 12 g
Kalakand	1 pc (44g) 17 g
Khajur dry fruits barfi	1 pc 6 g
Kheer/Payasam	½ c 17 g
Khoya Burfi	1 pc (30g) 15 g
Ladoo	1 pc 24 g
Mawa kachori	100g 43 g
Milk cake	1 pc 12 g
Mishti Doi	4 oz (120g) 27 g
Motichoor ladoo	1 pc or 28 g 17 g
Mysore Pak	1 pc (44g) 17 g
Namak Para	14 pc (39g) 15 g
Pakora	½ c (42g) 6.5 g
Pani Puri	1 pc (71g) 15 g
Kesar peda	1 pc (21g) 10 g
Puran Poli	1 pc (60g) 30 g
Rasgulla	1 pc 12 g
Rasmalai	1 pc (sm) 15 g
Samosa	1 pc (100g) 24 g
Sandesh	1 pc (35g) 15 g
Shakkar para	12 pc (28g) 18 g
Son papdi	50g 27 g
Suji halwa	200g 45 g