

April 2004

Watch over yourselves very well

Deuteronomy 4:8



The **JDA** **Connection** for Healthy Living

Have a Happy Healthy Passover

**Shiurim of
M a t z a**

**Wine &
Grape
Juice List**

**Shiurim of the
Four Cups**

**Tips for
Pumpers**



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The JDA Connection

for Healthy Living



The JDA Connection for Healthy Living

Nissan 5764 - April 2004

Pesach issue

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This organization was started, ל"נ (In memory of) R' Moshe Avraham Ben
R' Yosef Chaim ז"ל, R' Mordechai ז"ל, Ben R' Efraim ז"ל.

May they be מליצי יושר for all of Klal Yisroel.

In the Zechus (merit) of this publication, may Hashem bring
a Refuah Sheleima to all those wounded B'Artzeinu Hakdosha
(our Holy land). And Tanchumim (comfort) to the families of
those that have fallen Al Kiddush Hashem (in sanctification of
His name) HY"D.

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The Mission of the JDA is to support and educate those with diabetes. The JDA instills and teaches the need and capability of living a normal and healthy life of good control, without the fear of complications that can be so devastating to those with diabetes, and their loved ones. It is our hope to be able to spread this education to the public at large in order to dispel many of the misconceptions surrounding diabetes. With this education, it is our hope that those with difficulties and or complications will find it easier to turn things around. For those that are, thank G-D, doing well, we would like to see them stay that way and live full, healthy, happy, meaningful lives. We encourage all people with diabetes to become educated health care consumers, learn to read labels, ask questions, and take an active role in your own health care.

Disclaimer:

The JDA does not assume responsibility for any claims or submissions made in this magazine. This includes all advertisements and products. Use of any products should be made with the discretion of each individual. We do not give any medical or Halachic instructions. Any suggestions made in this magazine for improving blood sugar control should only be followed with the approval and under the guidance of your Medical Professional and/or Rav.

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Rabbinical Review

Pesach, the mitzvah of the day & the joy in our hearts

Pesach is "zeman cheiruseinu" (the time of our liberation). Not only did we leave Mitzraim (Egypt), but also the same time acquired the freedom granted us with the acceptance of the Torah.

The correct way to interpret true freedom is through joy.

Since these emotions internalize and become one within the heart. The lacking of this emotion-reflects a lacking of the entire essence of the "holiness of the day" and the special combination of this Yom Tov. One that does not approach the Yom Tov, with joy, is not only lacking in the fulfillment of the Mitzvah of V'Samachta B'Chagechah (Be joyful in your Holiday). But, truly, does not recognize the essence of the meaning of Freedom and becoming one with Hashem. When one is limited with food and drink, as part of fulfilling the Mitzvah of the Yom Tov, it is likely to curtail one's joy, and lessen the uplifting spirit of the Holiness of this special day. And so, much credit must be awarded those that have undertaken the task of presenting this guide, helping those with diabetes. By seeking out guidance and correct rulings in Halacha, and still facing the challenge of certain food limitations etc... They have combined the particle way of fulfilling the Mitzvah for each individual, and allow everyone to approach the Yom Tov with Joy.

Wishing everyone a Kosher and, therefore, joyous Yom Tov

HaRav Hadar Margolin

Letter from the Editor

Dear readers,

Once again we are privileged to bring you this guide to help you enjoy your Pesach (Passover) holiday to the fullest and still stay within your regimen, living happy, healthy, and wise. Pesach is a hectic time, and for those with diabetes the challenge of staying focused is always coupled with questions of how to get by with all the changes in eating patterns and lifestyle. We hope that this guide will help all of you and your loved ones. We know that whenever a challenge is sent, we are always provided with the tools to get by. We hope that, for those facing the challenge of diabetes, for himself/herself or a loved one that the JDA, and our wonderful publications, will serve as a source of chizuck (strength).

I would like to take this opportunity to thank Hashem for, once again giving me the Zechus, the strength and perseverance to see this through.

First and foremost I want to give the credit due to my Husband and my son Mordechai for all their assistance and patience. Without them this

magazine would not have been possible. To my dear einaklach, you are the apples of my eye.

Again, we would like to express our appreciation to Mr. David Herzog from Kedem Wine Co. His understanding of the importance for a guide of this nature made this financially possible. To Rabbi Margolin; who took this work upon himself totally L'Shem Mitzvah; working diligently and consistently to bring it to perfection. To Yael and the staff at beIT, we always hit you the last minute and you have never disappointed us. Yashar Kochachem. To Chumi and the Jewish Press, may Hashem allow you to always continue in your works of chesed.

There are many more people that I would like to acknowledge in my appreciation for all the support and backing that they have given. But they are too numerous to mention individually, you all know who you are, and it is our Bracha to you, that Hashem repay you in kind and that you see only Hatzlacha and Bracha in everything you do.

Nechama

Medical Review



My dear Nechama, I just finished re-reading the JDA Pesach Guide. Again I am impressed with your scholarly review and your pearls of wisdom. It deserves publication in a prestigious journal such as Endocrine Practice, Diabetes Care, or Diabetes Forecast. I am honored and privileged to be named as a reviewer and a colleague!

Yasher Koach! An incredible work of art, indeed!

Prof. Lois Jovanovic, MD

Director and Chief Scientific Officer, Sansum Medical Research
Institute Clinical Professor of Medicine, University of Southern
California

Dear Mrs. Cohen:

I wish to congratulate you on the beautiful brochure you are publishing for the benefit of the diabetes patients.

Diabetes demands a careful attention of the diet. Pesach, with its special food and different daily routine, is even more difficult to deal with. Your brochure with the guidance and information is of utmost significance and most advantageous for these patients.

I wish you all the best in your important endeavors.

Happy Passover to you and all the patients

Prof. Moshe Phillip

Director, Institute for Endocrinology and Diabetes, National Center
for Childhood Diabetes, Schneider Children's Medical Center of Israel
Petah-Tikva, Israel

Vital Points

for Pesach

Mon.14 of Nissan (April 5) Erev Yom Tov

Latest time for eating Chometz

Israel Magen Avraham 9:05 am, HaGra- 9:36

New York Magen Avraham- 10:26, HaGra- 10:50

The following is a list of important issues relevant to changes in insulin regimens, which are necessary to accommodate the irregular schedule of Pesach. Please remember that any change in regimen should be discussed with your health care professional. If you have any questions, please feel free to call or email the JDA at: jewishdiabetes@aol.com.

1 On the morning of Mon. April, 5th (please note the times above) we remove all Chometz (bread products) from our homes. From that time on bread is not eaten. It is also forbidden to eat Matza until the Seder. Keep in mind that there will be a limited source of carbs to choose from throughout the day. Those that take their doses based on insulin to carb ratio would continue covering as usual, allowing for adjustments in choice of carbs and the sporadic eating schedule of a very hectic day. Those not on pump therapy, and/or those that do not cover all meals with injections and take long acting insulin (NPH or in the morning) that covers lunch and snacks, or Lantus on the previous Sun. night (April 4) should discuss the need for possible changes in their doses with your health care team.

2 Dinnertime will be considerably different than a normal night or even a Shabbos night. The Seder, as well, starts later than a normal Shabbos meal. Actual eating at the Seder starts even later. It is necessary to discuss with your health professional a reduction in the usual dinnertime dose, and the amount needed to cover the Seder meal. (Those that are on NPH or Lente should probably have a snack at the usual dinnertime, to keep you going until the meal is served). Those on Lantus would take their normal dose at the normal time.

3 On the Seder night, take your long acting insulin at the SAME TIME you would take it on any usual day. (Please note comments by Dr. Jovanovic below)

4 The short acting insulin (administered before eating), or bolus should only be taken at the

time of washing for the Matza, unless there will be a significant delay (such as large Sedorim with many people present, in which case it should be taken right before eating). However, if one uses grape juice for the first cup, he/she should figure the amount of carbs, and cover with insulin before drinking. We drink the second cup before eating the Matza, so it may be a good idea to cover that cup and the Matza together.

5 Those that will be drinking wine with high alcohol content for the four cups should be very careful about hypoglycemia, especially for the first cup, since one has not yet eaten. (As explained in our Purim issue, alcohol inhibits the liver from producing glucose, if one has not eaten and there is no circulating glucose there is a greater risk of low blood sugar.)

note addition: If using the suggested wines and dilutions discussed in the wine section, this risk will be considerably reduced. However, it may be a good idea to discuss the possibility of having something to eat, perhaps a protein (e.g. 1/2 an egg, some almonds) prior to the Seder. Especially for those that will be using wine full strength.

6 Those that use potatoes for karpas can cover for it together with the insulin taken for Kiddush. Keep in mind that one is NOT supposed to eat an entire kezayis (allotted amount) of karpas. One kezayis of karpas is 1oz. of potatoes, which contains 4.2 grams of carbs. [Only those with pumps, which deliver by a tenth of a unit, will be able to handle this correctly].

7The Seder is a long meal and Matza may be digested (and converted to glucose) at a much slower rate than bread or Challah. It is therefore advisable to discuss with your doctor: a) combining a normal and an extended bolus (Square wave) for those on the pump, b) Those that cover meals with short (fast) acting insulin (Humalog or Novolog), should discuss either an addition of regular insulin (that will last longer than the Humalog or Novolog alone) or taking an additional dose midway through the Seder.

8Some pediatric diabetologists recommend administering Humalog or Novolog (short/fast acting) insulin for young children, who are picky eaters, AFTER they eat, when it becomes clear how much they have actually eaten and how much coverage they need. The Seder is a typical example of the need for this flexibility, since it is so late at night, and many children may eat very little. (If your child is a picky eater this might be a good time to discuss this option with you health care team for all year round).

9Make sure to check your BG before going to sleep; there may be unexpected results. If the BG is high and you plan to supplement with extra insulin, make sure you have taken any previous insulin doses into account. This rule applies if it is less than 3.5 to 4 hours since the last time Humalog or Novolog (fast acting) was administered, or if it is less than 5 to 6 hours after you took Regular insulin. Please keep in mind that introduction of additional bedtime insulin doses should be done with great caution, and follow up tests MUST be performed overnight to ensure that hypoglycemia doesn't occur.

We would like to thank Dr. Lois Jovanovic for her scrupulous coverage of this guide, her warm words and for the following suggestions. For those that are not clear about these or any suggestions do not hesitate to discuss them with you health care team.

"I feel very strongly that anyone treating their diabetes with insulin therapy should be given Humalog or Novolog (either pump, or injections) to help them make it through the Sedorim and be successful. In addition, for those that are on a regimen of short acting and either NPH or Lente (long acting) before dinner, they should be instructed to separate their dinner short-acting insulin from the NPH or Lente (long acting) and use Humalog or Novolog before the first cup of wine (and keep on giving additional small dose injections of Humalog or Novolog after each cup or carbohydrate equivalent until the meal is actually eaten). Thus it may take three or four separate injections of Humalog or Novolog to make it

through the Seder (Sedorim), depending on the quantity of carbohydrate (so nicely outlined in your tables!). If one has never counted carbohydrates before, a suggestion of one unit of insulin per 10 grams of carbohydrate would be better than no advice at all. Then the NPH, Lente, or Lantus should be given before bedtime and the dose cut down by 25% if they truly have had more than a total of 9.0 oz of wine (or more than 2 large shiurim of wine). I feel very strongly that it is dangerous to take the NPH or Lente before dinner for the Sedorim. Thus at least on these two nights, the NPH or Lente should be moved to bedtime (or after 10 pm). (Nechama adds: again this may be a good time to review with your health care team the possibility of switching to this for all year. It has been suggested that due to the time frame that these long acting analogues stay in the system, that it is preferable, if possible, to take them at bedtime) Remember to check with your doctor before making changes in your regimen.

MEDICATIONS (FOR TYPE 2):

Checking all the lists covering hechsherim we have found that all oral diabetes medications are Kosher L'Pesach. Many people with diabetes supplement with vitamins. Most vitamins are NOT certified kosher for Pesach, and should be checked with your Rav before using. Note: Just before going to print we received a notice that Ensure, dietary supplement, is "Chometz". It had originally been listed as kitniyos but this listing was just changed. Since there are many people with diabetes that supplement with this, we wanted to note that it is advisable to check this with a Rav.

NovoNordisk now has a relatively new oral medication called NovoNorm, which is taken right before meals and works in a similar way as short acting insulin. This might be a very good option for Pesach to help stabilize blood sugars with so many large Yom Tov meals. Now would be a good time to discuss this option with your doctors.

Remember that a good long walk is always permissible. It is easy, sometimes, during chagim, to forget some of our good habits. Since this is family time, taking a walk will prove advantageous and enjoyable for everyone.

Those with Gestational diabetes (diabetes in pregnancy) or T1 and pregnant should check with their health care professionals and Rav to determine which way to go. Again show them the charts in order to guide them in their decision.

TREATING HYPOGLYCEMIA ON PESACH:

Please be aware that Winkies (aspirin like candies that we have been recommending for the past 18 yrs. as a good source for raising blood sugars), and all glucose tablets are not certified Kosher for Pesach and contain ingredients that classify them as kitniyos (corn derivatives, which are not eaten on Pesach by those of Ashkenazi descent). However, there is usually a surplus of grape juice around and there are many candies that are certified kosher for Pesach. Therefore, treating a low should not be a problem

USING A FOOD SCALE ON PESACH:

A food scale (an important tool to help determine weight and the carbohydrate value of foods) was, hopefully, used all year round with Chometz, so be sure to clean it well before Pesach. It is advisable to cover the scale with clear plastic. If your scale is equipped with a top metal plate, this can be immersed in boiling water or just replace it with a plastic plate, for the duration of the holiday.

Sugar Substitutes:

Sugar Substitutes - Gefen - Kosher L'Pesach Sweet'N Low (not Equal) Sweetie with Badatz supervision from Eretz Yisroel (liquid & Tablets). There may be others but must have supervision.

Equal, Splenda and Nutrasweet are NOT kosher for Pesach, and may not be used by Ashkenazim and not by Sefardim.

Tips for Pumpers

1 Always make sure you have an unexpired bottle of both long and short acting insulin available. If the pump should malfunction, you will need to supplement with shots until the pump is back in use (never make changes without verifying with your health care team, so remember to discuss this possibility with them before Yom Tov). Please note; Pumpers should always have insulin available for many reasons, but certainly before Yom Tov and Shabbos in order to avoid unnecessary chillul (desecration of) Shabbos or Yom Tov. To prevent an error caused by static electricity (which is common at this time of the year), make sure to wear the leather case over the pump, and/or to put a piece of dryer sheet in the case.

2 open packages of supplies before Yom Tov in case one needs to change sites or reservoirs on Yom Tov. (For those whose pumps call for extra steps in order to prime, when changing the site, keep in mind that it is preferable to just do the prime as a regular bolus, in order to avoid extra steps).

3 Always change batteries on Erev Yom Tov.

4 Our eating patterns are very different on Yom Tov. We also have 4 Yom Tov meals; therefore for those that have pumps that allow for a large

insulin supply it may be wise to prepare the pump with the maximum, in order to avoid unnecessary changes. Many pumps now allow for 300 units of insulin. This should allow for an ample amount of insulin, and should eliminate the need to change the pump reservoir during Yom Tov.

Note: There are those that will cover the short acting with shots so that the reservoir will last longer. There are also Poskim that feel more comfortable with one using shots (for short acting) as opposed to pumping, when possible and if it will not have a bad effect on control. This too should be discussed with a Rav and your health care team.

Remember to open all packages before Yom Tov. (Have in mind that this is L'Sheim Mitzvah [in order to uphold a mitzvah].

There are those that do not always change sites and reservoirs at the same time. Please discuss this possibility with your health care team, in order to avoid unnecessary steps if the need should arise to change either the site or the reservoir during Yom Tov and Shabbos.

Matza

Kezaisim

This portion was Edited and submitted by
Rabbi Margolin.

Yashar Koach to Rabbi Margolin, of Har-Nof Sh"lita; Author of the Sefer "Hadran Alechah," "V'Simcha UV'Tuv Levov", and a Kuntres "Shiur Kezayis"; for his scrupulous review and advice on the Kezaisim of the Matza and Shiurim of the wine.

Please note, in reference to the following shiurim: It is important to understand that, in the following paragraphs, we have stressed the 'minimum' required amount, necessary by law, which one must eat, in order to completely fulfill the Mitzvah of 'Achilas Matza'. One that chooses to be more stringent though not obligated to, can do so by following other or more stringent, rulings. However, one must be cautious in becoming too stringent and causing oneself harm. Then the effect of the 'stringency' is misused and one loses the essence of the Mitzvah.

Which shiur one uses should be determined together with the advice of ones Rav and health care team.

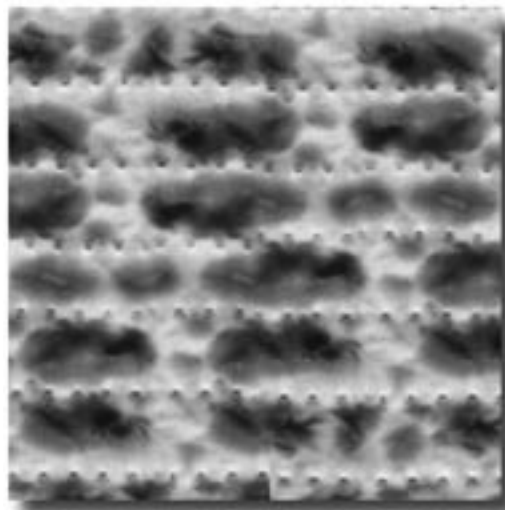
Shiur (portion) for Matza: Matza is to be eaten three times at the Seder: Motzi Matza, (washing), Korech, (with bitter herbs), Afikomen (Last portion).

SHIUR HAKIZYAIS (REQUIRED) AMOUNT THAT ONE MUST EAT:

In order to fulfill the Halacha, according to many Poskim, the minimum amount is like a real olive that grows from the tree. However, it is proper to follow the opinion of the Shulchan Aruch, which is to eat a portion the size of 1/2 an egg. Accordingly it is sufficient to have a 1/3 of a machine Matza, or the equivalent in area of a hand Matza. According to the Chazon Ish zt"l the shiur is 1/2 of a machine Matza, or the equivalent area of a hand Matza. Some Poskim recommend even larger.

IN THE CASE OF A MEDICAL CONDITION:

HaGaon HaRav R' Shlomo Zalman Aurbach ZT"l wrote, that one that has a medical condition, can rely on the opinion that in order to fulfill the Halacha, the shiur (minimum required amount), is the size of a natural olive. This is very small, and equals a bit less than 4 gr. in weight of Matza. (in the Sefer "Midos Chen", pg. 28, it is written, that this is less than a square measuring 6.5 cm x 6.5 cm) 2.6 in x 2.6 in. (see illustration)



actual size recommended for one with a medical condition.

HALACHIC RULING FOR DOUBLE KEZAYIS:

The Shulchan Aruch writes that one should eat a double kezayis by "Motzi Matza" (i.e. the first Matza eating). However, the obligation of this second kezayis is unclear (Biur Halacha ibid). Therefore, regarding this obligation we rely on the lenient opinion mentioned above that a kezayis is the size of a real olive, and when one eats a 1\3-size of a machine Matza, it already includes a double kezayis, and no additional Matza is required.

Regarding Afikoman; the Mishnah Brurah writes, that one should eat a double kezayis. The same

logic as above, applies- a $1\frac{1}{3}$ of a machine Matza suffices. An additional point: a double kezayis is only lechatchila- optimal, since majority opinion is that one kezayis suffices. Rav Vosner Sh"lita notes that when difficult- one may rely on the opinion requiring just one kezayis. One with a medical condition is certainly included in this ruling.

CALCULATING THE AMOUNT OF CARBS:

Most machine Matza has the portion size and carbs listed on the box and are uniformed in size and shape. So one needs to remember how much

Matza was eaten in order to calculate the total carbs for the Matza. It might be a good idea to keep the amount that you intend to eat near your plate.

For the convenience of those that would like to calculate the carbohydrates in the shiur amounts we have also listed, with permission from Feldheim Publishers, the shiur kezaisim as brought forth by Rabbi Bodner, in the sefer "Halachos of K'zayis".

Hand Matza varies according to the size and thickness. Rabbi Bodner lists them as follows:

In order to simplify the calculations, we recommend that you weigh the Matza before Yom Tov in order to become accustomed to the weight and sizes.

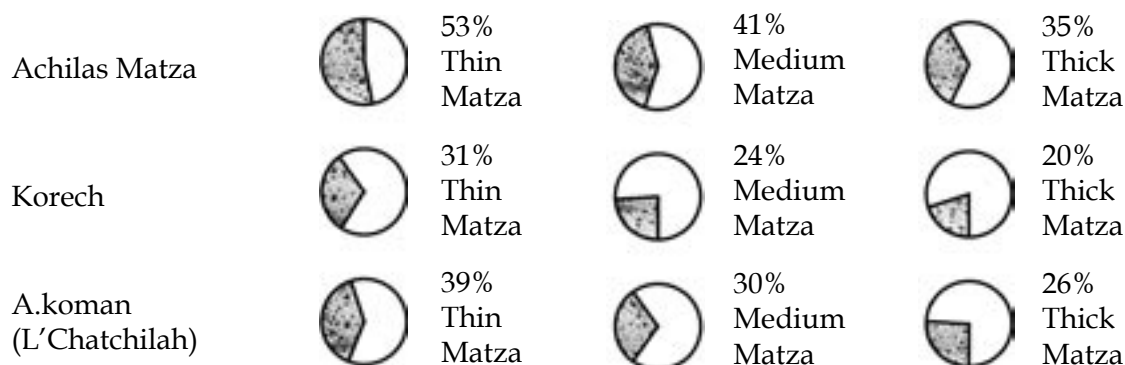
They have been divided in to three categories: all measurements are approximated:

Thin - 9 pieces per lb (21 per kilo) weighs 51 gr. and has 40.8 gr. of carbs. per Matza.

Medium- 7 1/2 pieces per lb. (17 per kilo), weighs 58 gr. and has 46.4 gr. of carbs.

Thick- 6 pieces per lb (13 1/2 per kilo), weighs 72 gr. and has 57.6 gr. of carbs.

	Hand Matza (round)	Machine Matza 1 whole Matza (square about 1.5 oz 32 gr.=appr. 28 gr. carbs.)
Achilas Matza	Thin: 53% of a Matza = 21.6 gr. of carbs Medium: 41% = 19 gr. of carbs Thick: 35% = 20 -21 gr. of carbs	
Korech (K'zayis of marror sandwiched in a K'zayis from the bottom Matza)	Thin: 31% =12-13 gr. of carbs Medium: 24% = 11 -12 gr. of carbs Thick: 20% =11 -12 gr. of carbs	2/3 of a Matza
Afikoman (based on 2 K'zayisim of the smallest shiur)	Thin: 39% =15 -16 gr. of carbs Medium: 30% =13-14 gr. of carbs Thick: 26% =14-15 gr. of carbs	2/3 of a Matza



During the year the carb factor for Matza is 0.70. On Pesach since the Matza has fewer ingredients and is more concentrated the carb factor is higher and should be calculated at 0.80. One would weigh the portion of Matza and multiply by 0.80.

An example of how one would calculate carbs for Matza and insulin dosage:

Count the amount of Matzas in a 1 lb package. If there is approximately 7 pieces this would be considered a medium Matza. If one would eat an entire Matza the calculations would be as follows:

(weight of the Matza) 58 x 0.80 (carb factor) = 46.4.

Based on the recommendation of Dr. Jovanovic, of an insulin/carb ratio of 1/10 (1 unit of short/Rapid

acting insulin to 10 grams of carbs), one would need 4.6 units (doable with a pump, with injection one would round this out to 4-5 units) to cover this portion of Matza.

Please remember that this is only an example and one should not use this to make changes in ones regimen without checking with the health care team responsible for their care.

SHIUR K'ZAYIS FOR S'FARDIM

Sefaradim that go by the shiur measurement of weight as opposed to volume should check with their Rav as to the exact amounts that should be used for shiurim.

DIABETES PREVENTION & AWARENESS VOLUNTEER GROUP FOR WOMEN

BE"H the JDA will be forming a group of female volunteers that will be working with the public sector on a one to one basis.

We view this important project as a tool to help spread the overdue and vital education needed in order to improve the state of those with diabetes and their families, and help prevent the onset of diabetes for those that are at risk and/or showing signs of impaired glucose tolerance.

This project, under medical and rabbinical supervision, will be starting shortly after pesach and will be advertised on the radio and in local newspapers.

The 4 Kosos (cups)

WINE: THE REQUIRED AMOUNT THAT ONE MUST DRINK:

Shiur (quantity):

The required amount is called a Reviyis. There are differences of opinion as to the exact measurement of a Reviyis. According to the Shulchan Aruch the accepted size of a Reviyis is: 3 oz. (86 c.c.) (This is much smaller than the average Becher).

The larger portion size, according to the Chazon Ish Zt"l is 5 oz. (150 c.c.). ¹These are the minimum required amounts of wine that needs to be in the cup. required amount that one must drink:

The law states that one must drink (rov reviyis) 'most' of the above amounts. However, it is best to drink the entire amount. For an individual with a medical condition it is acceptable to drink 'most' of it. (This is a bit more than 1/2)

It is a Hiddur (commendable) to follow the ruling of drinking 'most' or even the entire amount that is in the becher (cup) even if it is a large becher. Therefore, the Mishna Brurah recommends that if one does not intend to drink a large amount, he should not use a large becher, but one that holds the reviyis. For the 4th Kos at the end of the Seder, it is necessary to follow with a Bracha Acharona. In order to recite the Bracha Acharona, one is required to drink the full reviyis. One that, for medical reasons, cannot drink the full reviyis, one may drink 'most' of it and request that someone else say the Bracha Acharona out loud and have him in mind.

(Footnotes)

¹ HaGaon HaRav R'N Karelitz Sh"lita rules that in the case of a sick person, one goes by the more lenient ruling of 4.6 oz. (135^{c.c.}) even according to the Chazon Ish Zt"l

ADDING WATER FOR WINE AND GRAPE JUICE:

One can add water to dry wine, and it is still considered wine and is Kosher in upholding the Mitzvah. However, the taste of the wine must remain, and should not acquire the taste of a light drink. The acceptable combination is 60% water to 40% wine. There are some wines, due to a stronger taste that allow up to 75% water and 25% wine. However, a taste test should be done before the

Yom Tov (holiday), to insure that this mixture does not lose the taste of the wine.

The ruling for grape juice is that is not allowed to add water since this alters the taste.

If one follows these guidelines of mixing 75% (3 cups) water to 25% (1 cup) of wine correctly, one will consume only 2-3 oz. of wine throughout the entire Seder. If the largest shiur is used, it will amount to 5-6 oz of wine. In order to be able to estimate the actual amount to drink at the Seder, measure the exact amount that you will be using, before Yom Tov. Choose the becher (Kiddush cup) that you will be using and pour the measured amount in to the becher of choice so that you can recognize how much you will be drinking.

TYPE OF WINE:

The best option would be a dry wine, which has almost no carbs. [Most dry wines contain approximately 4 grams of carbs per 8 oz. cup.] If the sour taste bothers you, try adding some artificial sweetener, such as saccharin tablets, which can be dissolved in water. Because the law does not require manufacturers to print nutrition facts on wine bottles, it is often hard to know exactly how many carbs a glass of wine contains. If you are trying to

find a wine that is very low in sugar, you can use a glucose meter to test a sample. (We tried it with a Glucometer Elite). Test a sample of the wine just as you would test a drop of blood on your meter. If the wine you are testing is a sweet wine, your meter will give you a HI reading. If it is a dry, low-carb wine, the meter will tell you that it is LO. Many of the dry wines will not give you a LO reading, but the numbers you will get are a very good reference. Diabetes Forecast stated that a cup of regular soda contains 4,500 mg/dl of sugar. It pays to remember this, so that you keep the meter reading of a dry wine in proper perspective.) [By the way, this is a good way to test diet soda from fountains that could easily be interchanged with regular soda. To be certain that the soda you are drinking is really sugar free; check it out on your meter.]

Here are some examples of wines we tested for sugar content on a glucose meter:

Chardonnay was 225.

Cabernet Sauvignon was 87 (You'll need to acquire

a taste for this one!).

Sauvignon Blanc from Gamla was 27.

These are only examples. Remember to test the specific wines that you are planning to use. Less expensive wines are rarely sugar free. Checking on the meter seems to have proven this correct, as some inexpensive, supposedly dry wines, actually tested HI on a meter.

There is a **Sauvignon** wine from **Carmel** that is not only very low in carbs, but also smooth and delicious. It is part of a private collection from 1996, and is very expensive.

In order to prepare in advance, simply pour 1 cup of wine into an empty bottle, and add 3 cups of water. (The size of the cup does not matter. Just make sure that you use the same cup for the water and the wine). It is always advisable to prepare this bottle in advance and label it as your own "SPECIAL RESERVE". (Prepare extra because experience has proven that many people will probably want to use this wine)

An important point: Since alcohol may cause a drop in your Blood Sugar, discuss with your doctor whether or not to cover the carbs in wine with insulin. There is more of a chance that wine will cause a low BG on an empty stomach. If you use pure (unmixed) wine for the first cup, make sure to follow the above guidelines and not to overdue your alcohol intake.

Type 2 diabetics: should discuss with their doctor and Rav if it is better to drink wine rather than grape juice.

According to Halachah wine is preferable, and the juice has high sugar content, however, many of the oral medications used for treating type 2, (non-insulin dependent) diabetes are not compatible with alcohol.

Remember to show the chart with 75% water to your doctor. There is not much alcohol left. [Maybe we can assume that you won't get into too much trouble if you drink the wine mixture for just the 2 Seder nights!].

Those with Gestational diabetes (diabetes in pregnancy) or T1 and pregnant should check with their health care professionals and Rav to determine which way to go. Again show them the charts in order to guide them in their decision.

GRAPE JUICE

Some Poskim say that it is preferable to use wine, or a wine/grape juice combination for the 4 Kosos. Keep in mind that as far as diabetes and carb counting is concerned, dry wine is certainly the way to go.

If you drink grape juice, please note: the carbohydrate content of the various grape juices differ.

Those that we have researched range from 32-60 gr. of carbs per cup. Please make sure to check the label. In order to cut down the amount of carbs one can use a combination of grape juice mixed with the diluted 60/40 wine.

Please note: Kedem's Concord dark grape juice, came in with the lowest amount, which has 16 grams of carbs in a 4 oz. serving.

MIXING 25% WINE WITH 75% WATER

For the smallest shiur:

	Amount to drink	Amount, after dilution
First cup	1.6 oz. (rov reviis)	0.4 oz.
Second cup	1.6 oz.	0.4 oz.
Third cup	1.6 oz.	0.4 oz.
Fourth cup	3.0 oz.	0.8 oz.
Total	7.8 oz.	2.0 oz.

MIXING 40% WINE WITH 60% WATER

For the smallest shiur:

	Amount to drink	Amount, after dilution
First cup	1.6 oz.	0.6 oz.
Second cup	1.6 oz.	0.6 oz.
Third cup	1.6 oz.	0.6 oz.
Fourth cup	3.0 oz.	1.25 oz.
Total	7.8 oz.	3.05 oz.

All calculations were estimated to nearest tenth.

For the largest shiur:

	Amount to drink	Amount, after dilution
First cup	2.6 oz.	0.6 oz.
Second cup	2.6 oz.	0.6 oz.
Third cup	2.6 oz.	0.6 oz.
Fourth cup	5.0 oz.	1.25 oz.
Total	12.8 oz.	3.05 oz.

For the largest shiur:

	Amount to drink	Amount, after dilution
First cup	2.6 oz.	1.5 oz.
Second cup	2.6 oz.	1.5 oz.
Third cup	2.6 oz.	1.5 oz.
Fourth cup	5.0 oz.	2.0 oz.
Total	12.8 oz.	6.5 oz.

Kedem Wine & Grape Juice List

This list was provided to us by Kedem Wine Co.

Per 8 fluid ounce Serving

	Carb.	Residual Sugar.
Kedem Am. Cabernet Sauvign. (CA)	25 gr.	Less Than 0.12 gr.
Burgundy Royale	26.3 gr.	3.3 gr.
NYS Classic White	25.7 gr.	5.5 gr.
Sauterne (NYS)	32.2 gr.	9.2 gr.
NYS Red Chablis	24.5 gr.	9.1 gr.
Barken Galil Cabernet	25 gr.	Less Than 0.12 gr.
NYS Classic Red	26 gr.	2.6 gr.
Matuk Kal	27.4 gr.	19.7 gr.
NYS Blush` Chablis	27.1 gr.	11.7 gr.
NYS Chablis	30 gr.	6.5 gr.
Premium Cream White	65.3 gr.	42.2 gr.
Kedem NYS Concord Grape	75.6 gr.	52.6 gr.
Baron Herzog Cabernet Sauvign	25 gr.	Less Than 0.20 gr.
Baron Herzog Chardonnay	25gr.	Less Than 0.20 gr.

The following Baron Herzog Wines are very low in sugar. Each is listed followed by the number in percent of residual sugars.

- Black Muscat 7%
- Cabernet Sauvignon 0.2%
- Chardonnay 0.2%
- Chenin Blanc 1.6%
- Merlot 0.2%
- Rose of Cabernet Sauvignon 1.9%
- Sauvignon Blanc 0.2%
- Syrah 0.2%
- White Zinfandel 2.0%
- Zinfandel 0.2%



Product Description	Brand Name.	Serving Size	Carbs.
Concord Grape, Dark	Kedem	4 fl. Oz.	16 gr.
Concord Grape, Light	Kedem	4 fl. Oz.	16 gr.
Mitzbarie Grape	Kedem	4 fl. Oz.	19.47 gr.
Sparkling Catawba Grape	Kedem	4 fl. Oz.	18.8 gr.
Sparkling Concord Grape	Kedem	4 fl. Oz.	18 gr.
Bartenura Soave Barbero	Kedem	4 fl. Oz.	2.88 gr.
Cabernet Sauvignon	Carmel	3.5 fl. Oz.	2.57 gr.
Chablis, N.Y. State, Prem. Royal	Kedem	4 fl. Oz.	3.04 gr.
Chenin Blanc	Carmel	3.5 fl. Oz.	2.46 gr.
Cream Red Concord	Kedem	4 fl. Oz.	22 gr.
Cream White Concord	Kedem	4 fl. Oz.	13 gr.
Emerald Riesling	Carmel	3.5 fl. Oz.	2.46 gr.
French Colombard	Carmel	3.5 fl. Oz.	2.46 gr.
Malaga	Kedem	4 fl. Oz.	26.1 gr.
Plum Royale, N.Y. State, Prem. Royal	Kedem	4 fl. Oz.	21.66 gr.
Sauvignon Blanc	Carmel	3.5 fl. Oz.	2.46 gr.
Semillon	Carmel	3.5 fl. Oz.	2.46 gr.

SUMMARY PREPERATION LIST

- Discuss with your Rav the shiurim of rov reviis and mixing wine with water.
- Choose the wine of your choice and check the carb content (remember the meter test).
- Prepare the right size Becher.
- Train your eye to recognize the amount that you will be drinking during the Seder.
- Mix the wine with water following the instructions of your Rav and doctor. Prepare a separate labeled bottle.
- Weigh Matzas in advance in order to be better prepared for deciding insulin doses.
- Make sure you have prepared in advance your choice of glucose for treating hypoglycemia.
- Review chart and details with your health care team.
- Prepare all supplies and equipment for Yom Tov and Shabbos

YOU CAN USE THIS CHART TO COVER DETAILS WITH YOUR DOCTOR

	Amount of Carbs	Carbs	Time	Dose/Type of insulin	Comments
Erev Yom Tov					
Light Lunch					
Evening Snack					
First cup					
Second cup					
Motzi Matza					
Korach					
The Meal					
Afikomen					
Third cup					
Forth cup					
Total					

Common Baking Ingredients

Submitted by Channie Stubenhouse

Food	Amount	Carb.
Baking Powder	1 tsp.	2
	1 tbsp.	6
Choc. Chips	1 cup	105
Cocoa	1 tbsp.	2
Eggs	Large	0
Honey	1/2 cup	140
Matza Meal	1 cup	108
Potato Flakes	1 tbsp.	10
Potato Starch	1 tbsp.	8
Sugar	1/4 cup	64
	1 tbsp.	15

PESACH COOKIES AND CAKES

This is just a partial list. Since most Pesach products are similarly manufactured it is probably safe to assume that similar products will have more or less the same amount of carbohydrates. Since Pesach products are made from, potato starch, sugar and/or matza meal, they are all, basically, almost pure sugar. With enough preparation time one should have no problem making some snacks on their own with fewer carbs. See some of our recipes below. As always the best way to go is good old fashioned "home made".

Product	Company	Seving size.	Carbohydrates
Brownie Cake	Hagadda	38 gr.	20 gr.
Chocolate Cake	Oberlander's	42,gr.	23 gr.
Rainbow Cake	Hagadda	28 gr.	11 gr.
Sponge Cake	Oberlander's	42 gr.	24 gr.
Apricot Sandwich Cookies	Hagadda	28 gr.	16 gr.
Leaf Cookies	Hagadda	33 gr.	14 gr.
Nut Cookies	Hagadda	28 gr.	11 gr.
Raspberry Sandwich Cookies	Hagadda	28 gr.	15 gr.
Chocolate Macaroons	Hagadda	33 gr.	1 8gr.

Food for Thought/Recipes

According to Halachah one should not read recipes on Shabbos

ALMOND COOKIES LOW CARB, LOW FAT

- 1 1/4 cups almonds ground into flour (or any nut flour, but these are the least fat)
- 10 packages Sugar substitute
- 1 egg
- 1/2 tsp. Baking soda
- pinch of salt
- 1/2 tsp. Baking powder
- 3 Tbsp. Potato starch
- 3 Tbsp. Herbal orange tea

- pinch of salt 1/2 tsp. almond extract
- 1 tsp. Vanilla extract 1/4-cup margarine or walnut oil

Instructions for Preparation:

Mix all well and form into 24 small balls. Press flat on an ungreased cookie sheet. Decorate with an almond slice if you like. Bake at 350 for 8 min. These are "real" cookies and taste great! Mix a handful of chocolate chips and/or sliced roasted nuts in to batter

BROWNIES REDUCED CARB AND FAT

- 4 eggs
- equivalent of 1 cup sugar
- ½ cup walnut oil
- juice of ½ a medium lemon
- ½ cup well blended sugar free applesauce
- ½ cup potato starch
- ½ cup ground nuts
- ½ cup coarsely crushed nuts
- pinch of salt
- ½ tsp. Baking soda
- ½ tsp. Baking powder

Instructions for Preparation:

Sift dry ingredients and set aside. With mixer, beat egg yolks, slowly adding oil and sugar substitute, until thick. Slowly, beat in the rest of the ingredients, alternating the applesauce and the dry ingredients. Mix in coarsely crushed nuts by hand. Pour in to 10 ½ x 15" pan at 325 for 35 – 40 minutes

LUCKSHIN & BLINTZES

LOW CARB, REDUCED FAT

These marvelous blintzes and Luckshin are great for all year round. Once you get the hang of it, and get to know your frying pan, they are really quite easy.

Yields 7-10 blintze rounds

- 6 eggs
- 4 egg whites
- 1 ½ Tbsp. Potato starch
- ½ cup water
- 1 ½ Tbsp. Olive oil
- dash of salt
- ¼ tsp. Ground pepper

Instructions for Preparation:

Beat eggs with salt. Mix the potato starch with part of the water to form a paste. Add the rest of the water and mix well with the beaten eggs. Add the rest of the ingredients. This can be mixed in a blender as well but do not over mix or a foam will form that should be removed, or it will affect the texture of the blintze dough. Or mix Well by hand and transfer batter to a jar or pitcher that is easy to mix in and pour from.

Heat olive oil in a medium size non-stick frying pan. Pour off extra oil in to a dish; keep a paper towel in this dish for wiping the pan after every few blintzes. When the pan is hot, lower flame to medium and pour in ¼ -1/2 cup of batter. Tilt pan

to cover the bottom and pour extra batter back in to the pitcher. As soon as the batter is firm, loosen edges and turn over on to a dish towel or slightly greased aluminum foil, return to pan on the other side, or try flipping with a spatula. Most people find it easier to turn it out and return. Keep on the second side just a bit, 5-10 seconds, and turn out on to towel.

The first one or 2 blintzes may not come out easily-give these to the kids- or you will have to give them the good ones.

Mix batter every few minutes with a fork in order to incorporate potato starch that settles.

For Luckshin:

When the rounds cool roll up a few at a time and slice in to thin strips. For smaller Luckshin slice down the length as well. Allow Luckshin to dry a bit and place in airtight container or plastic bags, sealing well and freeze. These freeze well and defrost nicely.

For blintzes:

Fill with filling of choice and fold blintze style or roll. These freeze very well. They can be frozen piled divided with paper and used as needed.

Hint:

For those that will love these as we do: Use a large frying pan. Pile cooled doughs, slice off the sides, forming rectangles, that will be used for blintzes, and the sides just slice thin to use for Luckshin.

Choice of fillings:

One can certainly use the standard potato filling but for lower carb and more interesting try some of these:

Meat: Mix raw ground meat with fried onions and seasoning. Fill blintze dough with meat, roll up and fry or bake. The blintzes will freeze very well before or after frying. If frozen before frying allow them to defrost till soft and fry on a low flame. Or bake in the oven.

Apple: Grate apples; add sugar substitute, cinnamon, and ground nuts. Warm in the oven and serve with whip cream and sprinkle with ground nuts.

Nut: Beat 1 egg white; add ground nuts to form a paste substance. Add sugar substitute and cinnamon (optional) and juice from ½ a lemon.

Cheese: ix farmer cheese with 1 beaten egg white, sugar substitute, and cinnamon.

Parve cheese filling: In a small pot bring water to a rolling boil. Drop small amounts of egg white, •••➤

breaking up with a fork. They will look like curds of cheese. Drain well; add a pinch of salt, sugar substitute and cinnamon (optional).

EGG DROP LUCKSHIN

LOW CARB, LOW FAT

- 2 eggs
- 1 egg white
- 2 Tbsp. Water
- pinch of salt and pepper

Instructions for Preparation:

Beat all the ingredients and drop in to boiling soup, breaking up the Luckshin with a fork. Cook for a few minutes so that the Luckshin soak up the flavor of the soup.

MEAT (MOCK) KNAIDELACH

LOW CARB, LOW FAT

- ½ lb. Raw Ground chicken
- 1 egg
- 1 egg white
- 3 oz. Cooked potato well mashed
- 1 Tbsp. Olive oil
- ½ tsp. Baking powder

Instructions for Preparation:

Mix well, preferably in a food processor, till sticky. With wet hands form small balls and drop in to boiling chicken soup. Cook for 20 minutes.

FRESH NATURAL APPLESAUCE

LOW CARB, FAT FREE

- 10 medium size granny smith apples peeled and sliced in to 1/8ths.
- juice of ½ a lemon
- pinch of salt
- 1 tsp. Vanilla extract
- 2 packages sugar substitute (optional- I never found this necessary)
- water to cover plus another 1 ½ cups.

Instructions for Preparation:

Place peeled and sliced apples in a medium size pot, add the rest of the ingredients, cover with water and bring to a boil. Lower flame and simmer till the apples are soft. At this point hand blend to desired consistency.

Options:

For a crispy apple compote:

Bring to a boil. Cook on high flame for an additional

7 minutes. Turn off flame and cover. Let stand over night. In the morning place in a jar and refrigerate. This can be frozen in an air tight container.

For a Strewberry-Rhubarb-apple compote:

Add a 1 ½ cups of sliced strawberries and 1 cup of sliced rhubarb to the apples. Rhubarb is quite tart so add sugar substitute according to taste. Blend well and refrigerate.

SWEET & SOUR BEEF OR CHICKEN

LOW CARB, REDUCED FAT:

- Marinade:
- ½ cup vinegar
- ½ cup Kedem semi dry red wine
- 1 Tbsp. Paprika
- garlic powder (optional) or 3 cloves of fresh garlic
- 1 cup combination fried onions and leeks
- 1 Tbsp. Potato starch
- 4-6 packages sugar substitute (equivalent of ¼ cup sugar)

Instructions for Preparation:

Mix all the ingredients, place in a bag with choice of meat, refrigerate at least 2 hours or overnight.

Bake or cook covered, until tender. If baking, uncover for ten minutes till a deep brown. Base often during cooking.

This is wonderful with a meat or turkey roast, chicken quarters, wings or drums.

FALSCH (MOCK) FISH

REDUCED CARB, LOW FAT

- ½ lb. Raw Ground chicken (approximately 2 medium sized chicken breasts)
- 1 egg
- 3 Oz. cooked potato
- 1 sm. Onion
- 2 packages sugar substitute (optional)
- salt, pepper, & garlic to taste.

Instructions for Preparation:

In a medium pot boil water as you would for real gefilte fish, adding vegetables and seasonings to water. In a food processor with knife blade mix the egg with the onion, add the potato and seasonings, then add the chicken and mix till thick and sticky.

With wet hands, form small balls and drop in to boiling water. Cook on medium flame for about ½ hour to 45 minutes.