

# Dietary Challenges for People with Diabetes During Jewish Festivals

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# Shabbat

- Challah is a traditional sweetened bread.
- Wine and grape juice are used in a blessing.
- Traditionally a large three course meal.
- Kiddish after synagogue.



# Rosh Hashanah

- Honey and sweet foods are traditional to represent a sweet New Year.
- Extra sweet challah and apple are dipped in honey.
- Tzimmes and honey cake are traditional.



# Yom Kippur

- 25-hour fast.
- Pre- and post-fast meals are often large and include more challah.





# Hanukkah

Celebrates oil so foods are fried.

Latkes and doughnuts are traditional.

Usually shop bought.



# Purim

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Hamantaschen contain sweet fillings.

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Mishloach manot usually consists of sugary snacks and drinks.

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Alcohol and getting drunk is encouraged!

# Passover

Matzah replaces bread and grains.

Passover meal is very large and involves four glasses of wine.

Kosher for Passover UPFs.





# Shavuot

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Traditionally associated with dairy foods – land of milk and honey.

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Cheesecakes and blintzes are very popular.

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Two festival meals.



# Sukkot

- Kugels and challah are traditional.
- Usual to invite others and the meals are large.



# Common Challenges Across Festivals

Fast acting high-carb foods appear in many meals.

Sweet dishes are common in celebrations.

Celebratory meals are often large.

Seven fasting days in the year.

Reliance on UPFs.