

PESACH IN THE 21ST CENTURY

THE DIABETIC'S DILEMMA — A RABBI & NUTRITIONIST WEIGH IN

More than 100 million U.S. adults are now living with diabetes or prediabetes. Diabetes requires significant adjustments to one's lifestyle, involving careful monitoring of one's food intake and blood sugar level. Pesach's carbohydrate-laden rituals and festive meals bring additional challenges to an already challenging situation. Nonetheless, it can be done.

THE FOUR CUPS

Although one can find dry wines with low sugar content, the alcohol in wine can induce hypoglycemia (low blood sugar), which can be very dangerous. Consequently, diabetics who take insulin may have to adjust their doses. Alcohol could also interact negatively with certain medications. Grape juice, due to its high sugar content (37g carbohydrate per cup), doesn't offer a viable option.

Fortunately, both wine and grape juice may be diluted with water, minimizing the drawbacks for both. Alternatively, so long as the minimum amount is drunk, one need not drink the entire cup. Because it is *halachically* preferable to drink the entire cup and not dilute the wine or grape juice, many will drink the four cups on the Seder night (with their doctor's approval). If one plans to do so, consuming a high-fiber, high-protein snack just before *yom tov* could offset a hypoglycemic event. It is also advisable to use a cup that would hold the minimum *shiur* of wine.

Consult with your doctor to determine which option is the best for you, as well as with your rabbi to ascertain how

much water to add to your cups (if this is the advised alternative), and the minimum *shiur* required for a diabetic to drink.

THE MATZOT

Matzah is a high-carbohydrate food. Diabetics who are trying to control carbohydrate intake may be best off with machine *shmurah* matzah, which lists the carbohydrate content on the box. Here again, diabetics should be aware of the minimum *shiurim* needed for *motzi matzah*, *korech*, and *afikoman*, respectively, and keep any extra matzah eating to a minimum. Since fiber can improve blood glucose control and help one feel fuller, whole wheat matzah is preferable.

Some diabetics who take insulin must administer their dose within a specific time before eating. However, the timing of *motzi matzah* and *shulchan orech* can be difficult to predict. Make sure to consult with your doctor about how to best adjust your medication before the Seder to adapt to the change in schedule and menu.

SNACKING

For diabetics, every morsel of food must be carefully measured; snacking and unconscious eating can wreak havoc with glucose control. Make sure that you leave each meal fully satisfied. Eating high fiber foods slows digestion and makes us feel full. *Yom tov* meals should contain an appealing choice of non-starchy vegetables. Good in-between meal snacks include a fruit with some protein, such as low-fat dairy, nuts, or an egg.

With the proper planning and preparation, one can successfully manage his/her diabetes and enjoy every celebrative aspect of the festival.

THE PRODUCT BRANDS LISTED BELOW ARE NOT CERTIFIED KOSHER FOR PASSOVER BY THE OU. NONETHELESS THE OU HAS IDENTIFIED THESE PRODUCTS AS HALACHICALLY ACCEPTABLE FOR INFANTS AND THOSE WHO ARE ILL. PRODUCTS MUST BEAR AN OU OR OU-D SYMBOL.

BABY FOOD

See OU-P Pages for Baby Food Made Under Special Supervision

GERBER

(when bearing OU symbol)

CARROTS, SQUASH - acceptable for Passover
I'chatchila even for adults GREEN BEANS,
PEAS - kitniyot

INFANT FORMULAS

365 EVERYDAY VALUE

AMERIBELLA

AMERICA'S CHOICE FOR BABY

BABIES R US

BABY BASICS

BABY'S CHOICE

BEAR ESSENTIALS

BELACTA

BELACTA PREMIUM

BELACTASURE

BERKLEY & JENSEN

BRIGHT BEGINNINGS

COTTONTAILS

CVS

DAILY SOURCE

DISCOUNT DRUG MART

EARTH'S BEST

ELECARE

ENFACARE

ENFAGROW

ENFAGROW NEUROPRO

ENFAGROW PREMIUM

ENFAGROW TODDLER

TRANSITIONS GENTLEASE

ENFALAC

ENFAMIL

ENFAMIL A.R.

ENFAMIL ENSPIRE

ENFAMIL NEUROPRO

ENFACARE

ENFAMIL PREMATURE HIGH
PROTEIN 24 CAL PER FL OZ

ENFAMIL PROSOBEE

ENFAMIL REGULINE

ENFAPORT

ENFAPRO

FOOD LION

FULL CIRCLE

FULTON STREET MARKET

GERBER GOOD START

GIANT

GIANT EAGLE BABY

HANNAFORD

H-E-B

HEINZ NURTURE

HOME 360 BABY

HY-VEE

ISOMIL

KIRKLAND SIGNATURE

KUDDLES

LAURA LYNN

LIFE BRAND

LITTLE ONES

MEIJER BABY

MEMBER'S MARK

MOM TO MOM

MOO MOO BUCKAROO

MOTHER'S CHOICE

MY ORGANIC BABY

NATURE'S PLACE

NESTLE GOOD START

NEXT STEP

NUTRAENFANT

O ORGANIC BABY

PARENT'S CHOICE

PREMIER VALUE

PRESIDENT'S CHOICE

PRICE CHOPPER

PURAMINO

PUBLIX

RITE AID - TUGABOOS

SHOPKO

SIMILAC

SIMILAC ADVANCE PLUS

SIMILAC COMFORT

SIMILAC GOLD W/HMO

SIMILAC LEMEADRIN

SIMILAC NEOSURE

SIMILAC SPIT UP/AR

SIMILAC RTF

SIMILAC SPECIAL CARE RTF

SIMPLY RIGHT

STOP & SHOP

SUNRISE

SUPERVALU

TARGET

TIPPY TOES BY TOPCARE

TOP CARE

TOPCO

UP & UP

VERMONT ORGANICS

WALGREENS

WEGMANS

WELL BEGINNINGS

WESTERN FAMILY

MEDICAL NUTRITIONAL SUPPLEMENTS

Products with an asterisk (*) contain oat fiber that is not chametz.

ABOUT

ARGINAID

ARGINAID EXTRA

BENECALORIE

BENEPROTEIN

BOOST GLUCOSE CONTROL

BOOST HIGH PROTEIN

BOOST NUTRITIONAL PUDDING

BOOST PLUS

DIABETISHIELD

DIABETISOURCE AC

ENFAMIL HUMAN MILK

FORTIFIER POWDER

ENLIVE

ENSURE COMPACT

ENSURE COMPLETE NUTRITION

SHAKE

ENSURE HEALTHY MOM SHAKE

ENSURE HIGH CALCIUM SHAKE

ENSURE HIGH PROTEIN SHAKE

ENSURE HN

ENSURE HOMEMADE SHAKE

ENSURE PLUS

ENSURE PLUS ADVANCE

ENSURE PLUS HN

ENSURE PLUS NEXT

GENERATION

ENSURE SHAKE

ENSURE TWOCAL

FIBERSOURCE HN

GLUCERNA 1.0

GLUCERNA 1.2*

GLUCERNA 1.5*

ISOSOURCE

ISOSOURCE HN WITH FIBER

JEVITY 1.0

JEVITY 1.2*

JEVITY 1.5 *

NEPRO

NEPRO HP

NEPRO LP

NEPRO VANILLA

NEPRO WITH CARB STEADY

FLAVORED

NOVASOURCE RENAL NUTREN

(PRODUCT LINE)

OSMOLITE 1.0, 1.2, 1.5

OSMOLITE HN (UNFLAVORED)

PERATIVE

PORTAGEN

PROMOTE (EXCEPT PROMOTE

WITH FIBER)

PULMOCARE

RESOURCE DIABETIC (NESTLE

NUTRITION)

RESOURCE THICKEN UP

(NESTLE NUTRITION)

RESOURCE THICKENED

WATER AND JUICE PRODUCTS

(NESTLE NUTRITION)

THICK & EASY FOOD AND

BEVERAGE THICKENER

(HORMEL)

THICK & EASY THICKENED

WATER AND JUICE PRODUCTS

(HORMEL)

THICK-IT ORIGINAL FOOD &

BEVERAGE THICKENER

THICK-IT CLEAR ADVANTAGE

FOOD & BEVERAGE THICKENER

VITAL

VIVONEX PEDIATRIC

VIVONEX PLUS

VIVONEX TEN

MILK SUBSTITUTES

ONLY IN SHELF STABLE

NON-REFRIGERATED

CONTAINERS

ALMOND BREEZE ORIGINAL

RICE DREAM CLASSIC ORIGINAL

SOY DREAM ORIGINAL

ENRICHED

PLEASE NOTE THE FOLLOWING POINTS:

- Many of the products contain *kitniyot*, some as the primary ingredient.
- Some of the products may contain minor ingredients that are possibly, though unlikely, produced from *chametz*-based raw materials. All such ingredients are used at a less than 1:60 ratio.
- Liquid versions of these products are preferable to their powdered counterparts.
- Products that contain flavors should only be provided when no unflavored alternative exists.
- Products should be purchased before Passover and stored and maintained separately from Kosher for Passover Foods.

PEDIATRIC ELECTROLYTES

BRIGHT BEGINNINGS
COMFORTS FOR BABY
COTTONTAILS
CVS PHARMACY
ENFAMIL ENFALYTE ORAL
ELECTROLYTE SOLUTION
GOODNESS
H-E-B BABY
HOME 360 BABY

MEIJER
MOM TO MOM
NATURALYTE
SHOPRITE
PARENT'S CHOICE
PEDIALYTE (ALL FLAVORS)
TOP CARE
WALGREEN'S
WESTERN FAMILY
VIVONEX TEN

PEDIATRIC SUPPLEMENTS

BOOST KID ESSENTIALS, 1.0,
1.5
BOOST KID ESSENTIALS WITH
FIBER
D-VI-SOL
ENFAMIL 5% GLUCOSE WATER
FER-IN-SOL DROPS
POLY-VI-SOL DROPS
TRI-VI-SOL DROPS
RESOURCE JUST FOR KIDS

WITH FIBER
PEDIASURE COMPLEASURE
PEDIASURE RPB
PEDIASURE PEPTIDE
PEDIASURE VANILLA POWDER
PEDIASURE SHAKES

PRENATAL VITAMINS

MAXI HEALTH
Small Prenatal Caps
(Only with Chametz free sticker)

THE CONSENSUS OF THE OU'S POSKIM (RABBINIC AUTHORITIES) IS THAT THE FOLLOWING MAY BE USED ON PESACH WITHOUT CERTIFICATION:

ALUMINUM FOIL	CHEESE CLOTHS	DISHWASHING DETERGENTS	LAUNDRY DETERGENTS	SHAVING CREAM AND GEL
ALUMINUM FOIL BAKING PANS	CONDITIONERS	DRAIN OPENERS	LOTIONS	SHAVING LOTION
BABY OINTMENTS	COPPER AND METAL CLEANERS	FABRIC PROTECTORS	NAPKINS (PAPER)	SILVER POLISH
BAGS (PAPER OR PLASTIC)	CORK	FURNITURE POLISH	OVEN CLEANERS	SKIN CREAM
BODY WASH	COSMETICS (EXCEPT POSSIBLY LIPSTICKS, SEE BELOW)	GLASS CLEANERS	PAPER TOWELS	SOAPS
BOWL AND TUB CLEANERS	CUPCAKE HOLDERS	HAIR GELS, SPRAYS AND MOUSSE	PERFUMES	SUNTAN LOTION
CANDLES	CUPS (PAPER, PLASTIC OR STYROFOAM)	HAIR REMOVERS AND TREATMENTS	PLASTIC CONTAINERS	TALCUM POWDER (100% TALC)
CARDBOARD	DEODORANTS	INSECTICIDES	PLATES (PAPER, PLASTIC OR STYROFOAM)	TOILET BOWL CLEANER
CARPET CLEANERS	DETERGENTS	ISOPROPYL ALCOHOL	SCOURING PADS AND POWDERS	WATER FILTERS
CHARCOAL		JEWELRY POLISH	SHAMPOOS	

ORAL HYGIENE (TOOTHPASTE, MOUTHWASH) & FLAVORED LIP TREATMENT (LIPSTICK, LIP BALM)

PRODUCTS: Rabbinical authorities disagree as to whether kosher certification of these items is required (both for Pesach and year-round). Consult your rabbi. Please see product pages in the Passover Guide for OU-certified toothpaste.

GUIDELINES FOR MEDICINES

1. Exercise extreme caution and consult with your doctor and rabbi before making a decision not to take a medicine.
2. Known and tested medications in the form of creams, non-chewable pills and injections may be owned, used and consumed on Pesach, even if they contain *chametz* or *kitniyot*, since they are inedible. This covers most medicines used by adults. However, if an equally effective *chametz*-free alternative is available or procurable, this should be used instead.
 - A. It is permissible to grind pills and mix the powder into food items so that a child can take medicine on Pesach. However, a doctor must be consulted to make sure that the child is getting the correct dosage and that the potency of the pill is not compromised by altering its consistency.
3. Liquid medicines, chewable pills and pills coated with a flavored glaze are considered palatable and may contain *chametz*. Also gelcaps may present a problem because they may contain non-kosher edible gelatin. Therefore:
 - A. If possible, they should be replaced, under the direction of a doctor, with a non-chewable, uncoated pill.
 - B. If substitution is not possible and the person is in a state of *sakana* or *safek sakana* (any possible danger to human life), the medication may be owned and consumed. The same applies if the condition is not yet a *safek sakana* but may deteriorate to that point. A rabbi should be consulted as to whether it is preferable to purchase the medicine before or during Pesach, and as to how to dispose of the medicine once the danger passes.
 - C. If substitution is not possible and a doctor determines that there is no possibility of *sakana* if the person does not take the medicine, a rabbi should be consulted. He may be able to determine that the medicine does not contain *chametz* and/or *kitniyot*, or he may decide that the medicine may be consumed due to the seriousness of the patient's condition.
4. Unless an equivalent alternative is available, medicinal items which contain *kitniyot* are permitted for people who are ill. Questions on this issue should be directed to your rabbi.
5. These guidelines do not address the more general prohibition of consuming medicines on Shabbat and *yom tov*.