

Seder Requirements for Diabetics:

MATZOH

- **Hand matzoh** – one-sixth (1/6) of a *matzoh*. This is a piece of matzoh that is 13.75 sq in. in size.
- **Machine matzoh** – one-quarter (1/4) of a *matzoh*. This is a piece of matzoh that is 10.75 sq. in. in size.

Hand Matzohs: There are about 10 pieces of matzoh per lb. (22 pieces per kilo). Each piece weighs 46g and has 35g of carbs per *matzoh*. If we calculate 1/6 of a *matzoh* (the *shiur* specified above for one with a medical condition), it would amount to 6 gr. of carbs for the *shiur*

Machine Matzos: One whole machine *matzoh* (rectangular) weighs about 28g which is between 23 and 27 gr. of carbs per matzoh (depending on the brand). If we calculate 1/4 of a *matzoh* (the *shiur* specified above for one with a medical condition), it would amount to 6 gr. of carbs for the *shiur*

Therefore, eating Matzoh 3 times at the Seder would require consuming a total of 1/2 of a hand matzoh or 3/4 of a machine matzoh which would have a total of 18 gr. of carbs.

THE ARBA KOSOS (FOUR CUPS)

The cup must hold at least 3.8 fl. oz. (112 ml) of wine, (a *reviis*). One who has a medical condition should drink at least 1.5 fl. oz. (45 ml). The lowest percentage of alcohol that qualifies as usable for the four cups is 4%. One should drink each of the four cups of wine within a half a minute.

Wine may be diluted in the following maximum ratios, while still retaining enough of its properties to qualify its usage for the four cups:

1/3 wine and 2/3 grape juice

1/3 wine and 1/3 grape juice and 1/3 water

1/3 wine and 2/3 water.

However, the diluted beverage must have at least 4% alcohol, in order to fulfill one's obligation of drinking wine on *Pesach*. If necessary, one may make a mixture of 2/3 water and 1/3 wine (66% water and 34% wine) as long as the diluted amount still has 4% alcohol – otherwise there is a chance that it may no longer be considered wine.

If one follows these guidelines correctly, one will consume less than 3 fl. oz. of wine throughout the entire Seder. 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 into the *becher* of choice, so that you can recognize how much you will be drinking.

Here is an example of how one would mix wine and water. Assume one has a wine that has 10% alcohol content. If one makes a mixture of 40% wine and 60% water, one will have wine with 4% alcohol content which is enough for the arba kosos. This can be done by mixing 2 cups of wine with 3 cups of water. One would fill a *becher* that holds at least 3.8 fl. oz. and drink at least 1.5 fl. oz. (the amount one may drink to fulfill the *mitzvah*, when medically necessary). The following illustrates how much wine is drunk.

Amount of drink		Amount of wine one drinks (after dilution)
First cup	1.5 oz.	0.6 oz.
Second cup	1.5 oz.	0.6 oz.

Third cup	1.5 oz.	0.6 oz.
Fourth cup	1.5 oz.	0.6 oz.
TOTAL	6.0 oz.	2.4 oz.

For the fourth cup, ask someone else to be *motzee* you in the *bracha achrona*.

In order to prepare in advance, simply pour 2 cups 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".

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 before *Yom Tov* to test a sample. (We tested it with a Glucometer Ascentia XL; not all meters will give accurate results). 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 states that a cup of regular soda contains 4,500 mg/dl of sugar, which would give a very high reading. 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.] For those who are not accustomed to drinking high quality dry wine, it may take some time to acquire a taste for it.

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

- Chardonnay was 225.
- Cabernet Sauvignon was 87.
- Sauvignon Blanc from Gamla was 27.