

Going FORWARD

רועים
מתוקים

ניסן תשס"ד



*Friends
with
Diabetes*
April '04

Although the aftereffects of our Purim pamphlet have not yet worn off, we are privileged to again establish contact with our dear members. In the thrilling, yet taxing days ahead, we hope FWD will be a timely source of information, inspiration, and comfort.

Regarding the laws of korban pesach, the Torah says: "בְּעֶשֶׂר לַחֹדֶשׁ הַזֶּה וַיִּקְחוּ לָכֶם אִישׁ שֶׁהָיָה לְבֵיתוֹ אֶבֶן לְבַיִת, וְאִם יִמְעַט הַבַּיִת מֵהָיִיתׁ מִשֶּׁה וְלָקַח הוּא וּשְׂכָנָו הַקְּרוֹב אֶל בְּתוֹ בְּמִסְכַּת נַפְשׁוֹ, אִישׁ לְפִי אֹכְלוֹ" (שמות, י"ב:ג'). On the tenth of this month they shall take for themselves one lamb per extended family, [but if the members of the family are too numerous, they shall take] one lamb for each household. If the household will be too small, then he and his neighbor who is near his house shall take according to the number of people, everyone in proportion to his eating. Rashi: This last verse refers to one who is ill and cannot consume a kezayis.

These detailed instructions suggest a scenario we can possibly relate to. Perhaps the opposing views of low fat versus low carb dieting existed even way back then! For those who were following the standard high-carb diet, one lamb sufficed for an entire extended family, while others who followed a lower carb diet and would not consume so much matza, required one lamb per household. (Seemingly, those low-carbers were not concerned that the fat of the meat would raise their cholesterol. Maybe they believed in the Atkins diet, or they figured that the meat was grilled so the fat content was reduced.) However, if the household was following a somewhat balanced diet, they could not finish off an entire lamb by themselves, nor did they have enough for the entire extended family, and so they needed to share with a neighbor. As Rashi concludes, each family's diet was dictated by their health status!

As you read and enjoy this flier, please remember to share it with your acquaintances who have diabetes and would gain from it as well. As we do not possess the funds to advertise, it remains the responsibility of our members to spread the word and help others who are not on our mailing list learn about this valuable treasure.

Wishing all of you a happy and kosher Pesach, with numbers in the middle. Let us "pass over" all our worries to Hashem, and let's pray that Hashem "passes over" to us all *הַשְּׁפָעוֹת טוֹבוֹת* and blessings.

May we still merit to eat the korbon pesach this very year in Yerushalayim, with the arrival of Moshiach, Amen.

Rabbi Hirsch Meisels, Jewish Friends With Diabetes
www.FriendsWithDiabetes.org • www.KosherLowCarb.org

P.S. Please refer to our Pesach issue 5762 for many informative, in-depth articles.

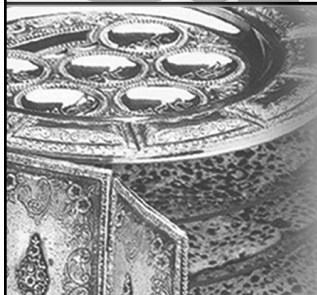
SUBSCRIPTION / MEMBERSHIP

To the many who have inquired about the charge for being on our mailing list, the answer is obvious: we have none! One of the reasons for this policy is our striving for ALL Jewish people with diabetes to participate in this adventure. We do not want anyone to be left behind, or to refrain from joining due to financial reasons.

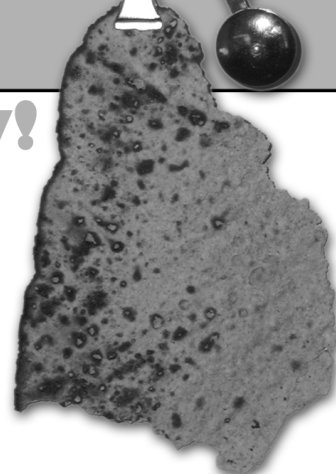
However, we do include the return envelopes for those with the inclination and ability to participate in this endeavor. Printing and postage costs are far from covered by our advertisers, especially as we tend to sacrifice advertising space in our quest to present you with more quality information. Every contribution does help us continue going ForWarD, and no donation is too small!

Note: When sending in a donation, please specify if you need a receipt.

calculating



Matza Carbs



Weighing a 10g. portion of Matza with a Hand scale

No! the easy way!

We will not be unveiling a newly discovered method for measuring carbs in matza, nor are we about to compromise and state that you can guesstimate their carb content by eyeballing. We still believe strongly that the only precise way to know how many carbs are in a portion of matza is by weighing it on a scale. [It is our opinion that a scale is the preferred option for measuring matza for halachic purposes as well, so that one knows if he will really be consuming the required amount.]

What this article will detail, however, is a simplified, no-calculator-required method for doing the math calculation after the matza has been weighed. (Although not as accurate as using a calculator, it is still quite precise and ideal for Yom Tov, when the lack of electronic aid may make figuring carb factors difficult.)

Note: This article is actually just one specific adaptation of a previous article we published (see "Carb Factors Made Easy", Tishrei 5764).

VARIOUS MATZAS:

First, it is important to note that the carb factors for both chometzdig and pesachdig matza are basically the same, as the ingredients in the two are so identical.

Each 10-gram portion of matza contains 8 grams of carbohydrates. So if you ate a twenty-gram portion, the carb content would be double as well ($2 \times 8 = 16$), and so on. See chart.

Weight of Matza portion (grams)	Amount of Carbs (grams)		
	Regular	Semi Whole Wheat	Whole Wheat & Spelt
10	8	7	6
20	16	14	12
30	24	21	18
40	32	28	24
50	40	35	30
60	48	42	36
70	56	49	42
80	64	56	48
90	72	63	54
100	80	70	60

Whole wheat matza has only 6 grams of carb per 10 gram portion (due to our use of the ECF, effective carb factor method, in which fiber is subtracted from the total carbs).

Some matza bakeries claim that even their regular-wheat matza has more fiber than other matzas. We have therefore successfully employed an average carb content of 7 grams carbohydrate per 10 gram portion.

We supplied a chart to simplify this concept even further, in case you are not fluent with the multiplications table.

If for example your matza weighs 15 grams, do 1.5 times 8 to get a result of 12.

CHOL HAMOED

During chol hamoed, we would encourage the use of the original Carb Factors (not rounded numbers) using a digital scale and calculator, which will allow for precision of up to one gram. [For instructions, refer to our Tu B'Shevat article.] As an example, whole wheat matza really contains 6.4 grams carb in each 10 gram portion.

Rounding this number to 6 is fine for a 10-gram portion, but it would translate into a 4-gram difference from the numbers supplied in the chart if 100 grams of matza is consumed.

TYPE OF MATZA	ECF
Regular	0.81
Semi whole wheat	0.70
Whole wheat	0.64
Spelt	0.62

SHIURIM:

Here is a short rehearsal of the shiurim required for the matza at the seder. [Note that these are not "special shiurim" for diabetics; they are general requirements that apply to anyone.] For full details, refer to our Pesach 5762 issue. (Carbs values are based on regular matza)

FOR MOITZI MATZA: 27.5 grams of matza = 22 grams of carb. (This is the largest shiur; see table 1.)

FOR KORECH: 16 grams of matza = 13 grams carb (middle shiur, table 2). However, the smaller shiur is also sufficient (and this is recommended for diabetics who limit their carb intake): 10 grams of matza = 8 grams carb (smaller shiur, table 3)

FOR AFIKOMEN: One who wishes to follow the custom of eating 2 kezaisim should consume 20 grams of matza = 16 grams carb.

By following these recommended amounts, the total carbohydrates from matza consumed at the seder would total 46 grams.

FOR BENTCHING DURING PESACH: same as for Korech. [Amount needed to recite the brocha 'Al Netilas Yadayim' check with your rav.]

If this amount of carbohydrates is too much for you, smaller shiurim can be used. There are many options available, and only your Rav can tell you exactly what to do. The alternatives include: using smaller shiurim than the ones listed, eating only one kezayis for Afikomen, or even only one kezayis for Moitzi Matza. In the case of a severe carbohydrate resistance, YOUR rav might even suggest eating only one small K'zayis at the end of the meal, at the time of Afikomen.

LOW CARB OPTIONS DURING PESACH:

Limiting carbohydrates on Pesach is not easy, but if you are obligated to do so for health reasons, it is possible. It is interesting to note that my great grandfather, the holy Rabbi Moshe Teitelbaum of Ihel, and some of his grandchildren, ate only the required kezaisim of matza on the first two nights of Pesach, and then consumed NO MORE matza throughout the entire yom tov, for the fear that it might contain some chometz.

WEIGHING YOUR MATZA

Weighing on a non-electronic scale is permitted even on Yom Tov and Shabbos. My personal preference is the hand scale (see picture), which allows the user to simply clip the matza onto a hand-held scale for an instant reading. Equally good is the pen scale. You can purchase both these items at American Weigh, by calling 866-643-3444 or on the web at <http://americanweigh.directtrack.com/z/7/CD56>.

HANGING SCALES: Hand scale \$2.95 +S&H (AMWHAND)
Pen scale \$8.95+S&H (AMWPEN choose the 100 gram one)

CARBOHYDRATE FACTS FOR ROYAL/KEDEM BARON HERZOG WINES

* Be aware that the following numbers are not all based on current lab results. They have been calculated using an algorithm based on information we received from Kedem. While certainly useful for assistance in wine choices, they should not be relied upon for insulin calculations. Neither Kedem nor FWD takes responsibility to the accuracy of these figures.

GRAMS OF CARBOHYDRATE IN HALF A CUP WINE (4 oz. - 120 ml)

NAME OF WINE	CARBS G.	ALCOHOL %
144 Peach	14	9
144 Rough	12	9
Baron Herzog Champagne	2	12
Black Muscat	8	11.5
Blush concord	16	7
Burgundy Royale	2	12
Cabernet	0	13
Cabernet Sauvignon	0	13
Chablis	3	12
Chablis , Red	5	8
Chablis, Blush	6	8
Champagne Pink	5	12
Champagne White	4	12
Chardonnay	0	13
Chenin, Blanc	2	12.5
Chenin, Late Harvest	16	9
Classic Red, NYS	1	12
Classic White, NYS	3	10.5
Concord	25	12
Concord Grape, NYS	26	12
Concord Kal	17	3.5
Cream Malaga	18	7
Cream Niagara	18	9
Cream Red	20	9
Cream Rose	19	9
Cream White	21	12
Malaga	26	12
Matuk	14	7.5
Matuk Kal	10	4.5
Merlot	0	13.5
Plum	16	12
Riesling, Late Harvest	14	9
Rose of Cabernet Sauvignon	2	13.5
Ruby Red	12	10
Sauterne	5	12
Sauvignon Blanc	0	13.5
Syrah	0	13.5
Tokay	14	12
Zinfandel	0	14.5
Zinfandel , White	2	10.5



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