

# Sikh Celebrations & Type 1 Diabetes

Within the sikh culture there are many traditions and events, the majority of which are celebrated in a Gurdwara, a place of worship and celebration for sikhs.

The Gurdwara is open 24/7 and provides meals at the langar (temple kitchen) that are free to everyone. This is a selection of vegetarian punjabi food like roti, curries, sweet dishes, salad and all hot and cold drinks. Langar is open for all and is an important part of sikh practices.



Kadha Prasad is an offering to guru and is served to people visiting the temple. It is made with ghee, flour and sugar.

## Sikh Festivals

### Vaisakhi (Baisakhi)

Vaisakhi is the sikh harvest festival, one of the most important dates in the sikh calendar. It marks the start of the solar new year and the birth of khalsa. It is celebrated with prayers and giving of sweets.

### Diwali

(Bandi Chhor Diwas)

Celebrated by prayer, giving of presents and distribution of sweets to friends and relatives. This is celebrated over two days in october or november.

## Lohri

Lohri is the festival that marks the end of the winter solstice and the beginning of harvesting season in india.

On the first lohri of a recently wedded bride or a new baby, people give offerings of dry fruits, revri, roasted peanuts, sesame ladoo and other foods to the fire, as well as sharing them with their family and friends.

## Guru Nanak's Birthday

Guru nanak was the founder of sikhism. His birthday is celebrated on the date of the full moon in the month of katak (usually october or november).

## Healthy Festival Food Tips

Sikh festivals are marked in ways that involve coming together with celebratory foods. It is important for people with type 1 diabetes to be mindful of how much of these foods are consumed as well as their ingredients. More insulin than usual may be needed.

Most meals contain starchy carbohydrates, particularly rice or roti and curry with potatoes. Choose wholemeal flour rather than white. This has more fibre and will be digested more slowly, making it better for managing glucose levels.



Keep hydrated by drinking plenty of water. Choose no added sugar squash instead of sweet fizzy drinks and fruit juices, as these drinks can contain a large amount of sugar.

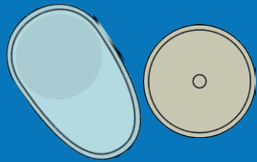


Reduce sugar quantity if making indian tea or having sweet treats like mithai, ladoo, or halwa.



Include high fibre foods such as daal, vegetables, and wholemeal flour in meals.

# Managing Glucose Levels



Remember to monitor your blood glucose levels throughout the day by using a meter or by wearing a sensor.



During festivals, it can be difficult to moderate your intake of the tempting celebration foods on offer which may lead to high glucose levels.



**!** If you are worried about how to manage your glucose levels during the celebrations, talk to your diabetes team for advice and support. **!**

More information about the symptoms and management of hypoglycaemia and hyperglycaemia can be found here


**Hypoglycaemia**

**Hyperglycaemia**

## Activity and Lifestyle during Festive Periods

Children and young people should aim to be active for at least 60 minutes every day, including during festival periods. This will also help to reduce glucose levels and help insulin to work better.

**60 min**

  
Go for a morning walk or do a workout at home with weights or steps. Even doing chores is a good way to be active.

Sleeping well is very important for general health as well as being able to concentrate, when you need to focus on prayers. Switch off from screens a few hours before bed, why not read a book instead.

