

# Hindu Celebrations



There are many festivals celebrated in the Hindu calendar including Vaisakhi (the harvest festival), Diwali (Festival of lights celebrating victory of good over evil), Holi (festival of colours) and many more throughout the year.



Traditional treats like barfi and mithai, commonly enjoyed during Diwali, are rich in fat and sugar. Fried snacks such as kachoris and samosas are also high in fat and calories. Overindulging in these sweets and carbohydrate-rich snacks can raise blood glucose levels, potentially causing hyperglycaemia and contribute to weight gain.

## Maha Navratri

Maha Navratri, a nine-day Hindu festival celebrated in the autumn every year to celebrate the victory of good over evil. There is a lot of dancing and singing in preparation for winter.



During Navratri, people may choose to fast in different ways. The general idea is to eat a light diet either at one or two meals.

## Diwali

Known as the festival of lights, Diwali is a great time to get together with friends and family and enjoy delicious foods.



Traditional sweets and foods like Barfi and Mithai are eaten during Diwali and have a high fat and sugar content, and fried foods such as Kachoris and Samosas are high in fat and calories.

## Onam

Onam is an annual cultural festival in Kerala and celebrated all over the world. Onam is known for its vegetarian feast (Sadhya) which is rich in carbohydrates and fats, with lots of rice and different types of Kheer.



## Fasting

Fasts are observed by Hindus

Fasting can take place in a number of hindu celebrations including:

Guru Purnima

Hoi Ashtami

### Monthly Fasts

Navratras  
(Twice A Year)

Karva Chauth

Ekadashi

Purnima

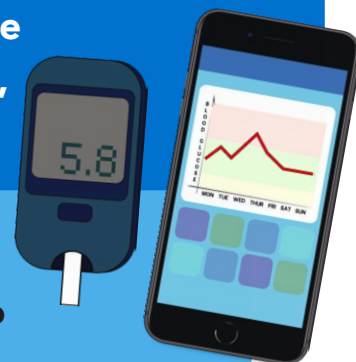
Pradosha

Most Hindu fasting periods extend from dawn to moon-rise or from dawn to star-rise.

**! If considering fasting, please consult your diabetes team. You might be exempted from the fast, or your management of the fast might be different because of diabetes. !**

There are three main risks associated with fasting for people with Type 2 Diabetes. Hypoglycaemia (low blood glucose), hyperglycaemia (high blood glucose) and dehydration.

There are some people who might be asked to monitor their blood glucose using a blood glucose monitor or a glucose sensor. Checking glucose levels can prevent hypo episodes and keep you safe if you decide to fast.



Eating lots of high-fat, high-carbohydrate foods, after completion of the fasting period, may cause peaks of hyperglycaemia and a rise in blood glucose for longer periods.

More information about the symptoms and management of Hypoglycaemia and Hyperglycaemia can be found [here](#).



Learn about the fat and carbohydrate content of traditional foods eaten during the festival period

Have slow absorbing foods (which have low glycaemic index) before you begin fasting. Choosing these types of foods will keep you filled up and keep your blood glucose levels more even during the fast.

Use artificial sweeteners or stevia for sweetening instead of sugar in traditional desserts

When it comes to sweets such as Kheer, Halwa or Prashaad, portion size should be reduced.



Drink plenty of water and sugar-free drinks throughout the evening



Reduce snacks which are high calorie, such as Samosas or Poppadoms, Instead go for roasted almonds, walnuts, and hazelnuts. Add less sugar and replace with more nuts in your desserts.

Instead of deep fried foods such as Gulab Jamun, Malpua, Chakri, Murukku, opt for baked samosa, grilled veg, fruits and unsalted nuts.



## 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+

Why not think about a short walk before or after the celebrations to manage your blood glucose and those extra treats.

Music and dance are huge during Diwali, and dancing is another way to incorporate more activity into your holiday celebrations, while still enjoying the holiday spirit.

Sleeping well is very important for general health as well as being able to concentrate when you need to focus on prayers.