

# PESACH SHIURIM FOR MATZAH AND WINE - FOR HEALTHY INDIVIDUALS AND THOSE WITH DIABETES AND FOOD ALLERGIES

An expanded version of this article appears at [star-k.org](http://star-k.org).

The following are guidelines for *achilas matzah* and *daled kosos* for healthy individuals and for those challenged with diabetes or food allergies. When in doubt, consult with a *rav*.

## I. MATZAH

The stipulations for minimum shiurim for matzah, which follow, are based on the *psak* of Rav Moshe Heinemann, *shlit"á*. These *shiurim* are different than listed prior to 2020. These calculations are based on the use of a Pupa Tzelem hand matzah (10 *matzos* to a pound).

In the case of a medical condition (e.g., diabetes, food allergies) which could be negatively impacted by matzah consumption, one may fulfill the mitzvah of *Achilas Matzah*, *Koreich* and *Afikomen*, with the following<sup>1</sup>:

TYPE	MINIMUM SHIUR	DIMENSIONS	CARBS
Hand matzah (round)	one-quarter (1/4) of a matzah	21.7 sq. in. in size. <sup>2</sup>	9 g
Machine matzah	one-quarter (1/4) of a matzah	12.25 sq. in. in size. <sup>3</sup>	8 g

One who is in good health should eat the following for *Achilas Matzah*<sup>4</sup> and *Afikomen*:

TYPE	MINIMUM SHIUR	DIMENSIONS	CARBS
Hand matzah (round)	one-half (1/2) of a matzah	43.3 sq. in. in size <sup>5</sup>	18 g
Machine matzah	one-half (1/2) of a matzah	24.5 sq. in. in size <sup>6</sup>	15 g

## II. THE ARBA KOSOS (FOUR CUPS)

### A. Wine

**Cup Requirements:** The cup must hold at least a *revi'is* (3.8 fl. oz., or 112 ml).

**Minimum *shiur* to drink to fulfill *Arba Kosos*:** One must drink at least 1.9 fl. oz. (56 ml) for each of the four cups.

FOOTNOTES APPEAR AT THE END OF THE ARTICLE.

### Additional Requirements:

- The lowest percentage of alcohol that may be used for the four cups is 4%.
- One should drink each of the four cups of wine within a span of 30 seconds.

## B. Diluting Wine with Grape Juice and Water

Higher carbohydrate wine may be diluted in the maximum ratios listed below. These ratios allow the wine to retain enough of its properties to qualify it being used for the four cups:

WINE	GRAPE JUICE	WATER
1/3	2/3	-
1/3	1/3	1/3
1/3	-	2/3 (see NOTE below)

**NOTE:** The diluted beverage should contain at least 4% alcohol to fulfill the obligation of drinking wine at the Seder.<sup>7</sup> 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 contains 4% alcohol. Otherwise, there is a chance that it may no longer be considered wine for the Seder.

The following chart illustrates how much wine to drink:

KOS	AMOUNT YOU DRINK	AMOUNT OF WINE AFTER DILUTION
First cup	1.9 oz.	0.7 oz.
Second cup	1.9 oz.	0.7 oz.
Third cup	1.9 oz.	0.7 oz.
Fourth cup	1.9 oz.	0.7 oz.
TOTAL	7.6 oz.	2.8 oz.

If these guidelines are followed correctly, as seen in the above chart, one's total consumption of wine at the Seder will be less than 3 fl. oz. One who wishes to estimate the actual amount that he should drink at the Seder should measure the exact amount that he will need before Yom Tov. He should choose the *becher* (Kiddush cup) that he will be using at the Seder, and pour the measured amount into it so that he can recognize how much he will be drinking.

The following is an example of how to mix wine and water. Assume one has wine with 10% alcohol content. If he makes a mixture of 40% wine and 60% water, he will have wine with 4% alcohol content, which is enough for the *Arba Kosos*. This can be done by mixing two cups of wine with three cups of water. He could fill a *becher* that holds at least 3.8 fl. oz. of this wine and water mixture, and drink at least 1.9 fl. oz. (the amount one may drink to fulfill the mitzvah, when medically necessary). Following the fourth cup, he could ask someone else to be *motzi* him in the *bracha acharona*.

To prepare in advance, simply pour two cups of wine into an empty bottle or pitcher and add three cups of water. (The size of the measuring 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.'

### C. Grape Juice

As noted above, one should use wine or, if necessary, a wine/grape juice combination for the *Arba Kosos*. If you are unable to drink wine, you may use grape juice instead. If you are unable to drink pure grape juice due to medical reasons for the *Arba Kosos* (and cannot drink any percentage of wine), you may dilute regular grape juice. When mixing grape juice with water, it is best to make at least 51% of the mixture regular grape juice (i.e., the other 49% is water). In general, "light grape juice" may not be further diluted by the consumer (if there is a necessity, check with the certifying agency). As suggested earlier, you may wish to prepare a "Special Reserve" mixture before Yom Tov and fill a bottle with 4.1 *bechers* of grape juice and then four *bechers* of water. This will suffice for the *Arba Kosos* for both nights; add more using the same ratio as necessary.

#### Diluting Grape Juice with Water

The following may be diluted with regular grape juice (not light grape juice). These ratios allow the grape to retain enough of its properties to qualify it being used for the four cups (when one cannot have wine):

GRAPE JUICE	WATER
51% or more (i.e., more than half)	49% or less (i.e., less than a half)

### D. Who is Allowed to Consume Egg Matzah

Matzah made with fruit juice or eggs, which includes "Kosher for Passover" Egg Matzah Crackers, Egg Matzah Tams, Chocolate Matzos, and Honey Matzos may not be eaten on Pesach according to Ashkenazic practice, except by the sick or elderly who cannot eat regular matzah and require egg matzah. Consult your *rav*.

#### Please note the following:

Even the sick and elderly cannot fulfill the obligation to eat matzah at the Seder with these types of *matzos*.

### E. Sugar Substitutes

Powdered Equal, Splenda and NutraSweet sold year round are NOT Kosher for Passover and may not be used on Pesach. For a list of KFP sugar substitutes available in stores this year, go to page 18.

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1. This means for each mitzvah one eats the designated amount within a 4 minutes span. For example, in case of a medical condition one may eat 1/4 of a machine matzah within a four minute span to fulfill the mitzvah of *Achilas Matzah*. The same amount within the same span of time should be done for *Koreich* (with a *kezayis* of *maror*) and then for *Afikomen*.
  2. This assumes the whole hand matzah (before it is broken) has a diameter of at least 10.5 inches, which means the entire matzah has an area of 86.6 sq. in. Hence, 1/4 of the matzah equals 21.7 sq. in. This is the minimum *shiur* for someone with a medical condition. If someone requires *shiurim* even smaller than this, he should consult his *rav*. For a discussion of such *shiurim*, see R' Mordechai Frankel's article "Halachos of the Pesach Seder" at [star-k.org/passover](http://star-k.org/passover).
  3. This assumes a full rectangular machine matzah is 7" x 7", which means the entire matzah has an area of 49 sq. in., hence, 1/4 of the matzah equals 12.25 sq. in. (This also means that one could eat a piece of matzah that is square, each side with a length and width of 3.5 in.) This is the minimum *shiur* for someone with a medical condition. It should be noted that *Pupa Tzelem* hand *matzos* are generally thinner than machine *matzos*. Therefore, one needs a larger amount of square inches for hand *matzos* than for machine *matzos*.
  4. For *Koreich*, see R' Mordechai Frankel's article "Halachos of the Pesach Seder" at [star-k.org/passover](http://star-k.org/passover).
  5. This assumes the whole hand matzah (before it was broken) had a diameter of 10.5 in., which means the entire matzah has an area of 86.6 sq. in., hence, 1/2 of the matzah is 43.3 sq. in.
  6. This assumes a full rectangular machine matzah is 7" x 7", which means the entire matzah has an area of 49 sq. in. Hence, 1/2 of the matzah is 24.5 sq. in. (This means one could eat a piece of square matzah that is 5 in. on each side.) Regarding thickness of *matzos*, see footnote #3.
  7. This is to fulfill the obligation of wine. If one cannot drink wine, he can fulfill his obligation with grape juice. This will be discussed later.